LETTERS@METRO.US

# SOAKING IN YOUTH LAGOON {page 10}

metro®

Max 53°
Min 43°

BOSTON
Wednesday, March 28, 2012

COURTNEY SACCO/METRO

# SUPERHEROES OR SUPERVILLAINS?

Group of riders hijacks MBTA meeting, forces adjournment Prevent one of last discussions on proposed fare hike, cuts before controversial vote {page 02}

▶ Members of "The Fast Five" take over a T meeting room yesterday. The group offers alternatives to the fare hike and service cut proposals.

Metropolitik

## Will decision on Obamacare impact voters?

Supreme Court ruling on health care reform will have wide-ranging effects Could enthusiasm suffer? {page 07}

## The spice of life is actually spice

Joy Bauer says sprinkling food with the right stuff may help you live longer {page 12}

club metro
BIG APPLE CIRCUS
DREAM BIG
WIN A FAMILY FOUR PACK TO THE BIG APPLE CIRCUS!!!
Log on to www.metro.us/boston/clubmetro for your chance to win!
Sign up for Club Metro and stay in the loop to win great prizes and receive special offers!

BE PART OF THE SOLUTION
MASTER OF SCIENCE IN BUSINESS ETHICS & COMPLIANCE (MBE)
NEW ENGLAND COLLEGE OF BUSINESS AND FINANCE
NECB.EDU

1

## In the news

**$170K**

A Boston attorney wrongly arrested for videotaping Boston police officers arresting a man on the Boston Common in 2007 settled with the city. Boston will pay Simon Glik $170,000 for damages and legal fees, the American Civil Liberties Union of Massachusetts said yesterday. Courts have since ruled that the First Amendment protects recording police in public. METRO

## Today's local tweet

"PEOPLE! Pay the higher fares for the @MBTA, or they will have to cut service. Boston has the cheapest subway in the nation, be thankful."

@SNAGGS15 FOLLOWING COMPLAINTS ON TWITTER ABOUT FARE INCREASES

▶ Bernadette the cat

## Vets treat abandoned, burned cat

**BOSTON.** A young cat with burns over 60 percent of her body was recently found outside the MSPCA's Angell Animal Care and Adoption Center.

The cat was found in a cardboard box outside the Jamaica Plain center March 18, officials said.

Much of the fur on her back and face, including her whiskers, was singed off.

Officials said it is impossible to know for certain what happened to her.

The cat has been treated, is on her way to a full recovery and is ready for adoption, officials said. METRO

## T police seek identification

**BOSTON.** Transit police are asking for the public's help identifying a man they said was committing "lewd acts" on a Red Line train last weekend.

According to police, the suspect stood in front of the victim while continuing to inappropriately touch himself Friday between the Braintree and Broadway stations.

The victim's friend was able to take a photo of the man with her phone. METRO

## Obama's uncle in court

**FRAMINGHAM.** President Barack Obama's uncle surrendered his license for 45 days as part of his drunken driving case.

Onyango Obama was charged in Framingham last summer with DUI.

During the hearing yesterday, Obama admitted to the facts in the case and a judge continued the case for a year without a finding, according to Boston.com. METRO

# Sudden end to T meeting after protesters arrive

- Finance committee adjourns after rider takeover
- Impromptu rally lasts an hour in T meeting room

The MBTA's finance committee meeting was ended prematurely yesterday when a group of irate protesters wearing underwear outside of their clothes took matters into their own hands.

Members from transportation advocacy group the T Riders Union (TRU) hijacked the hearing, standing up shortly after its start and noisily lambasting board members, urging them to consider alternate revenue options to fund the T's lingering $161 million debt.

The group, dressed as "The Fast Five" superheroes in masks, capes and color-coordinated undergarments, interrupted the committee with their angry shouts and demands. Committee members quickly abandoned the room.

Yesterday's finance meeting was the last public meeting of the committee before the full MBTA board is expected to vote on proposals submitted by Massachusetts Department of Transportation officials in April.

### Going public

**MBTA officials said they would make the final proposals public sometime this week.**

The T's board of directors is expected to vote on the recommendations in the coming weeks.

Those proposals have called for the first T fare increase in years as well as drastic service cuts.

The meeting schedule called for continued discussions on the T's proposals to close the budget gap.

"[The protesters'] actions have made it very difficult for the finance committee to give this any consideration," said committee chairman Ferdinand Alvaro after leaving. "It was my plan to give management some thoughts and ideas going forward. ... [These] actions have disrupted the process, no doubt."

After the MBTA committee had departed, members of TRU took over the board meeting room, sitting in officials' seats and holding their own unofficial hearing and protest rally.

David Jenkins, a member of TRU, said the board has had plenty of time to consider alternative proposals.

"They are acting like their hands are tied," he said. "They have had months of public opportunities to take [increases and cuts] off the table."

STEVE ANNEAR
steve.annear@metro.us

**Rally.** Labor

▶ Supporters of the paid sick time bill gathered in front of the State House yesterday.

COURTNEY SACCO/METRO

## Group sick of not having any sick time

Scores of people rallied at the State House yesterday to push lawmakers on a bill that would increase access to paid sick time. The group of employees, business owners, parents and nurses joined elected officials. They said the bill would provide a million workers in the Bay State with sick time. Some business leaders have said mandatory paid sick time would hurt hiring and the economy. METRO

## Say what you want?

**BOSTON.** While T board member Ferdinand Alvaro is a "big believer in the First Amendment" and allowed angry T riders to voice their opinions at yesterday's meeting, not all in the Bay State welcome free speech so well.

A report released by The Foundation for Individual Rights in Education of the 12 worst colleges for "Free Speech" put Harvard, Tufts and Brandeis on the list.

## Bizarre arrest in garage

**BOSTON.** Three men were arrested Monday afternoon for allegedly trying to abduct a man from the Tufts Medical Center garage.

A woman told police that a van pulled up to her car, three men got out and pulled her boyfriend out. She also said two of the men who got out of the van were known to her.

The men and the boyfriend fought and eventually fled.

Police caught up to the three men in the garage and arrested them. The boyfriend was not found. METRO

**"According to the female ... the individuals who exited the van were known to her. In fact, she says two of the suspects were her brothers."**

BOSTON POLICE STATEMENT

7-NIGHT BOSTON TO

# Bermuda

**WE'LL UPGRADE YOU TO A BALCONY FOR FREE!**

**No Airport Hassles, Flight Delays, Or Lengthy Layovers!**

**Departing Weekly / April – September 2012**

**Aboard *Norwegian Dawn* • Visiting King's Wharf, Bermuda**

**EXCLUSIVE PRICES, FREE $400 ONBOARD SAVINGS BOOKLET, REDUCED DEPOSIT & MORE!**

**HURRY: ALL OFFERS EXPIRE MARCH 31ST**

NCL NORWEGIAN CRUISE LINE®

## ACT NOW: FINAL DAY!

## 2-DAY WOW SALE!

**UP TO $200 FREE ONBOARD SPENDING!**

**REDUCED DEPOSIT & MORE!**

RoyalCaribbean® INTERNATIONAL

## SUPER SALE!

**MARCH 19TH – MARCH 30TH**

## CALL-ONLY BEACH SPECIALS FROM APPLE VACATIONS!

**7 Night ALL-INCLUSIVE Vacations From $1,099**

**1-800-811-6071**

APPLE VACATIONS

$1,099 for Catalonia Riviera Maya, April 7 departure. Prices are per person, based on double occupancy, unless otherwise stated and include roundtrip airfare from Boston via Frontier Air or other U.S. certified air carrier, hotel transfers, hotel tax and baggage handling, fuel surcharges, all pre-collected U.S. and foreign taxes and fees including September 11th Security Fee and $10 late booking fee if applicable (for bookings within 14 days of departure). $10 Dominican Republic Tourist Card fee is payable in resort. Checked bag fees apply- 1st checked bag FREE, 2nd is $20. Please see the individual air carrier's website for a full detailed description of baggage charges before making your purchase. Holiday surcharges may apply. All packages are based on the lowest hotel/air classes available, capacity controlled and subject to availability and change without notice. Cancellation policies apply.

## OTHERS CLAIM TO HAVE THE LOWEST PRICE: WE GUARANTEE IT!

BOSTON'S LARGEST VACATION AGENCY

**1-800-TAKE-OFF**
**VacationOutlet.com**

vacation outlet®

Prices and promotional offers listed are per person, based on double occupancy. Balcony upgrade offer is valid only when booking an oceanview stateroom. All prices and promotional offers are valid for new individual bookings made beginning on 3/28/2012. All prices and promotional offers are subject to change/availability and may be withdrawn from select sailings at any time without prior notice. Our cruise prices do not include a non-refundable $24.99 processing fee, government taxes and fees, airfare, or potential cruise line fuel supplements. All prices and promotional offers are valid for specific sailing dates, are capacity controlled by the cruise line, and may not be combinable with other offers. Cancellation penalties, blackout dates, and other restrictions may apply. Terms & conditions will vary for group bookings (telephone reservations of eight or more staterooms made by calling 1-800-259-1496). © Vacation Outlet is a registered trademark of World Travel Holdings, Inc. All rights reserved.

# MBTA looks to go green, save green

Officials at the T are exploring renewable energy options and have plans to install solar panels at two sites in order to save an estimated $250,000 on electricity costs annually.

According to T spokesman Joe Pesaturo, the T is putting two parcels out to bid under one contract — Readville Yard 5 in Dedham and the Wonderland Parking Garage.

The T hopes that construction begins in the fall of 2012.

The winning bidder will be given access to the sites to build and maintain the solar arrays and in exchange, the MBTA will buy the electricity, according to officials.

The contract with the T would last 20 years.

Once chosen, the contractor will have 12 months to start generating electricity, according to the proposal.

Last year the MassDOT board approved a procurement mandating that 20 percent of the T's purchased electricity come from certified renewable energy sources.

**STEVE ANNEAR**
steve.annear@metro.us

### Next stop, Somerville?

MBTA officials said if all goes well with these two parcels, they may consider putting out a bid to place solar panels on the T's Somerville facility. The 8-acre rooftop houses the commuter rail maintenance facility.

**Celtics.** School visit

▶ Boston Celtics forward Brandon Bass helped unveil the new computer lab at the Condon Elementary School in South Boston.

COURTNEY SACCO/METRO

## Celtics visit Southie school

**Brandon Bass and Avery Bradley, Boston Celtics players, went back to school yesterday. The players, along with team officials, toured the Condon Elementary School in South Boston, which had recently undergone renovations. The duo then paired with children for an Xbox Kinect challenge.**

# Cops net coke, cash in drug-ring bust

**CHELSEA.** Authorities said they arrested two men and seized hundreds of thousands of dollars' worth of cocaine in Chelsea and Revere on Monday.

Officers stopped Fernando Garcia Marcano, 43, of Orlando, Fla., while he was driving and found five kilograms of cocaine in the car, Chelsea police said yesterday.

Police also executed a search warrant in Revere and arrested Manuel Castillo, 35, of Chelsea. Police said they found more drugs, more than $125,000 in cash at the home and three cars used to funnel drugs around the area.

Chelsea police said the arrests and drug seizure was part of a months-long investigation focusing on drug dealing in the city.

Agents from the Drug Enforcement Agency and Revere police were involved in the investigation.

Both men pleaded not guilty in court yesterday. METRO

**$500K**

**Police said the estimated street value of the five kilograms of cocaine seized during Monday's arrests was $500,000.**

## Selling of the brides for Filene's

**BOSTON.** The legendary and annual Running of the Brides event at Filene's Basement may soon be up for sale.

Filene's Basement and its parent company, Syms Corp., are requesting that a bankruptcy court allow them to sell the store's intellectual property including the Filene's Basement trade name and the event, according to the Globe.

The chaotic event became a tradition and caused brides and their friends to rush around the store in search of discounted dresses.

The store filed for bankruptcy protection in November. Syms bought it at auction in 2009 and has since liquidated both companies.

An adviser for Filene's said multiple companies have expressed interest in the famous brand.

If approved, bids for the event's rights would be due in May. METRO/BOSTON.COM

Career Education
HEY
I'm Talking To YOU!
YOU COULD CHANGE YOUR LIFE!
Train to become an
ELECTRICIAN
Josh
CALL NOW! 800.982.5752
www.go.kcicharlestown.com
KAPLAN CAREER INSTITUTE
Charlestown Campus: 570 Rutherford Ave. • Charlestown, MA 02129
For more information on our program and its outcomes visit www.go.kcicharlestown.com.
Kaplan Career Institute does not guarantee job placement or advancement.

Register Now for Summer Courses at Wheelock
Wheelock College is offering a variety of liberal arts and professional undergraduate courses this summer.
Why Wheelock?
• Special summer tuition rates
• Six-week sessions begin in May and July
• Convenient Boston location easily accessible by public transportation
Learn More and Register
For details and to register, visit www.wheelock.edu/summer
WHEELOCK COLLEGE
Boston

M A G E N T A  D E A L  D A Y S

T··Mobile·

Want your iPhone®4
# to be 4G?
# There's not
## an app for that.

**Unlike the iPhone®4, these hot Samsung smartphones are super-fast 4G.**

**$119.99**

**Samsung Galaxy S® Blaze™ 4G**

At just 4.5 ounces, it's lighter and super sleek.

4G

**FREE**

**Samsung Exhibit™ II 4G**

A bigger, 3.7-inch display of vibrant color.

SAMSUNG

America's Largest 4G Network

Get great deals on our best 4G Samsung devices. Find the T-Mobile® store nearest you at t-mobile.com.

New 2-yr. agreement on a qualifying Classic plan and mail-in rebate card required.

H U R R Y !  S A L E  E N D S  A P R I L  3 r d

T-Mobile's 4G HSPA+ network not available everywhere; see coverage details at T-Mobile.com.

Offer valid March 21-April 3, 2012; subject to change. Participating locations only. Taxes and fees add'l. Devices must be purchased and activated at the same time on the same account. Not all plans or features avail. on all devices. While supplies last. **Device Offer:** Credit approval, $35/line activation fee, and new activation of a qualifying postpaid Classic or Small Business plan on two-year contract (with up to $200/line early cancellation fee) req'd. At participating locations. Domestic only. Device and screen images simulated. **Mail-In Rebate Card:** Activation of qualifying plan req'd; must remain active and in good standing at time rebate is processed. Limited to specific models; supplies may be limited. One device per eligible account. We reserve the right to substitute different models of equal or greater value. Rebate provided in the form of a VISA card. Allow 6-8 weeks for processing. See rebate form for details. **Coverage:** Coverage not available everywhere. **Abnormal Usage:** Service may be **slowed, suspended, terminated, or restricted** for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or significant roaming. See brochures and **Terms and Conditions (including arbitration provision)** at www.T-Mobile.com for additional information. The Android robot is created and shared by Google and used according to the Creative Commons 3.0 attribution license. T-Mobile and the magenta color are registered trademarks of Deutsche Telekom AG. ©2012 T-Mobile USA, Inc.

# Supreme court divided on Obama health care plan

GETTY IMAGES

▶ Demonstrators gathered outside the U.S. Supreme Court after yesterday's morning session. The Supreme Court took up the most contentious part of the landmark health care reform.

The U.S. Supreme Court yesterday appeared closely divided along ideological lines over whether Congress had the power to require most people in the United States to buy medical insurance, with conservative justices asking skeptical questions about President Barack Obama's health care law and liberals defending it.

During two dramatic hours of arguments, pivotal justices on the nine-member court suggested they would uphold the so-called individual mandate requiring people to obtain insurance only if they believed they were not giving Congress broad new powers over people's lives.

Chief Justice John Roberts and Justice Anthony Kennedy, two conservatives who could join the four liberal justices to uphold the law, pressed an attorney for the Obama administration to say where the limits would be on federal power if people who opted against insurance were forced to buy coverage. **REUTERS**

# Martin parents at hearing into racially driven crimes

GETTY IMAGES

▶ Sybrina Fulton, left, and Tracy Martin are the parents of Trayvon Martin.

The parents of slain Florida teen Trayvon Martin attended a U.S. congressional forum in Washington yesterday that looked at racial profiling and hate crimes.

Yesterday's event underscores how the racially charged case has become increasingly politicized in an election year. President Barack Obama weighed in last week in highly personal terms, saying that if he had a son he would look like Trayvon, a comment widely interpreted as implicit recognition of the case's racial overtones. **REUTERS**

## Claims teen suspended, hit bus driver

A leaked school report yesterday claimed Trayvon Martin had been suspended from school three times in the months before he was killed. The teen is said to have skipped school and shown up late. On another occasion, he was suspended from school after a "burglary tool" — a flathead screwdriver — and 12 pieces of women's jewelry that did not belong to him were found on him. A Twitter account, said to be linked to him, also suggested he had attacked a bus driver, according to reports in the Miami Herald.

## US may impose new sanctions on Iran

**WASHINGTON.** The U.S. Senate may soon consider a new package of proposed sanctions targeting Iran's oil revenues, Democratic Majority Leader Harry Reid said yesterday.

The sanctions would focus on foreign banks that handle transactions for Iran's national oil and tanker companies, and they would include a host of measures aimed to close loopholes in existing sanctions.

The sanctions have made it increasingly difficult for Tehran to sell its oil and are aimed at slowing Iran's nuclear program, which Tehran has said is purely for civilian purposes. The West contends the program is for nuclear weapons. **REUTERS**

Grand Circle Travel

Worldwide discovery at extraordinary value

**Would you like the opportunity to be part of the excitement of the travel industry?**

**Due to our continued growth we are seeking customer-focused individuals to join Grand Circle Corporation**

**Travel Sales Counselors**

Would you like to earn $60,000+ a year? We are seeking Inside Sales Travel Counselors with strong customer relationship and sales skills. In this fast-paced, inbound call center sales role, you will strive to achieve sales and quality goals as you sell Grand Circle's vacations to all corners of the world. We provide a solid base salary and sales incentive plan (commission and bonuses).

**Passion for Travel & Prior International Travel Experience Required. Prior Call Center and Sales Experience Required.**

**Customer Service Associates**

Work with our Traveler Support Team in our dynamic inbound call center. You will build relationships with our travelers, converse about far away destinations, and send our travelers on the journey of a lifetime. You will assist our clients by answering their questions regarding their trips and resolving their issues via phone and email.

**Passion for Travel & Prior International Travel Experience Required. Prior Call Center Experience Required.**

Grand Circle Corporation is a premier direct marketer and the world leader in international travel, adventure and discovery for Americans over 50. Headquartered in Boston, MA, we are a $600M global enterprise with 30 regional offices worldwide that employs more than 2,000 associates.

Please visit **www.gct.com/careers** to apply

**Call center located: GCC Corporate Headquarters • 347 Congress St. Boston, MA**

**Accessible by MBTA-Two blocks from South Station**

# Will Obamacare verdict sway the Nov. elections?

For complaints, suggestions and digital attaboys, e-mail us at brayden.simms@metro.us.

Metropolitik

BRAYDEN SIMMS

POLITICAL WORLDLINESS FOR AN IMPOLITE WORLD

@METROPOLITIK

Could the Supreme Court, in deciding the fate of the Obama administration's health care reform law this summer, also be deciding the next president of the United States this fall? The answer may depend on which way the high justices lean.

As anyone who's been paying even minimal attention knows, Obamacare has been hugely polarizing. Conservative politicians, who originally conceived of the individual mandate — the economic foundation of the reform law — have since reversed course, pointing to the policy as evidence of Obama's big-government overreach. At the same time, many Democrat pols, including Obama, have seized on the mandate as a bipartisan solution (one that has become decidedly partisan) despite originally opposing it in favor of more progressive approaches.

Yet despite this ideological flip-flop, most Americans have remained consistent in their opinions. According to the most recent New York Times-CBS poll, 51 percent oppose Obamacare, with 47 percent supporting. Those numbers have held more or less steady over the past three years: Opposition has hovered in the 48 percent to 52 percent range, while support has maintained at just below 50 percent.

It seems that Americans have made up their minds, largely along party lines: Republicans oppose the law, Democrats support it. And nothing the Supreme Court says is going to change that.

However, the decision could have the unintended effect of energizing — or, conversely, de-energizing — the parties' respective bases. If the judges rule in favor of the law, for instance, it could be the extra oomph Republicans need to convince the right-wing of rampant federal tyranny, herding voters into polls this November. If the judges find the law unconstitutional, on the other hand, that may take the wind out of conservative sails.

One thing is certain: Whichever way the court rules, we'll be living with this decision long past November.

TIM SLOAN/AFP/GETTY IMAGES

▶ Do the nine justices of the U.S. Supreme Court have too much power in the political system? Let us know at letters@metro.us

**67%**

**A majority of Americans oppose the individual mandate, according to this week's New York Times-CBS poll.**

**85%** **Interestingly, a more sizable majority favors the new rule banning insurance companies from discriminating based on pre-existing conditions. We wonder what Americans would think if they were more aware that the two measures are inescapably connected: Without the mandate, insurers would necessarily revert to the distasteful practice.**

## GET FED

Some pundits were surprised at yesterday's Supreme Court session:

- "It appears that the mandate is in trouble. It is not clear whether it will be struck down, but the questions that the conservative justices posed to [conservative lawyer Paul] Clement were not nearly as pressing as the ones they asked to [Obama lawyer] Solicitor General Verrilli." **TOM GOLDSTEIN, SCOTUS BLOGGER**
- "This was a train wreck for the Obama administration. This law looks like it's going to be struck down." **JEFFREY TOOBIN, LEGAL ANALYST**
- "Impossible to know how much justices were tipping hands. But if tone, substance of q's was indicative, SCOTUS is skeptical of govt case." **JONATHAN COHN, THE NEW REPUBLIC**

metro space inuasion

Metro will be the world's first newspaper to send a reader into space – and it could be you! You could feel the weightlessness, see the planet from above, and experience a trip of a lifetime! Just go online and take part in Metro Race for Space competition.

www.metroinspace.com

The winner will be revealed in the special Space Edition on April 12, 2012.

50% OFF Frames with lens purchase

2 Pair of Eyeglasses $99 Fashion Frames & Lenses

Select frames with select clear plastic, single vision lenses +/- 4 sph., 2 cyl. Not valid with any other offers, sales, vision plans or packages. Must present prior to purchase. Offer ends: 4/30/12. BM

All Auto Club & AARP Members 30%OFF Eyeglasses & Rx Sunglasses

Discount off regular price. Must purchase frame and lenses. Certain designers excluded. Must present a valid membership card prior to purchase. See store for details. Not valid with any other offers, sales, vision plans or packages. Offer ends: 4/30/12. BM

Special Financing Available. SEE STORE FOR DETAILS.

$150 maximum discount. Certain designers excluded. Must purchase frame and lenses. Not valid with any other offers, sales, vision plans or packages. Must present prior to purchase. Offer ends: 4/30/12. BM

COHEN'S Fashion Optical®

Offers valid at these locations only:
172 Newbury St., Boston • 617-236-5500
(at Exeter St)
328 Washington St., Boston • 617-542-9221
(at Milk Street)

Eye Exams • Contacts • Sunglasses • Low Prices
Vision Plans Accepted • 1 Hour Service Available

myentertainment

# THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

## In defense of Marilyn Manson?

In yesterday's column, I brought up the news that everyone's favorite '90s goth (besides blood-sucking era **Angelina Jolie**), **Marilyn Manson**, is dating chanteuse **Lana del Rey**. And, perhaps it was shallow of me, but I asked what it was about the creepy rocker that attracted some of Hollywood's most beautiful women (**Rose McGowan**, **Dita Von Teese**, **Evan Rachel Wood** are three of his most famous conquests). Luckily, you wrote in:

▶ "The best I can do is remember that ignorance is a natural part of the human process."

▶ "He's creepy outwardly, I'll grant you and beyond strange. He is also intelligent, well spoken, charming and masculine (despite the makeup and freaky gender-bending BDSM clothing)....He's good at making interesting conversation and accomplished at drawing women in. A fine predator of the male species."

▶ "The answer is so simple that you missed it completely! Ask yourself how **Ric Ocasek** got **Paulina**? The reason you don't get it is that you are not a fan of Marilyn Manson. Your biased view inhibits your clarity."

My view is just curious. I'd like to file this under that weird phenomenon of how once-popular Hollywood men whose careers are currently on a downward slide — see: **Valderrama, Wilmer**; **Culkin, Macaulay** — still get so many successful, hot girlfriends, and **George Clooney** gets a former WWE wrestler. Ladies, I'd like a word.

▶ A fine predator of the male species, indeed?

### Can she just have her baby already? Please?

How ready is uber-pregnant **Jessica Simpson** to deliver her baby? So ready that she's already talking about her pregnancy in the past tense (ed note: I wish I were writing about it in the past tense; her gestation period feels longer than that of a blue whale's). "I had a great pregnancy," Simpson tells Hello! Magazine. "Eating and not having to worry too much about it has been fun. Taking a break from working out has definitely been fun. But I'm ready for it to be over. I'm ready to have my body back! I feel like I could pop at any second." Fingers crossed!

Simpson

### The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

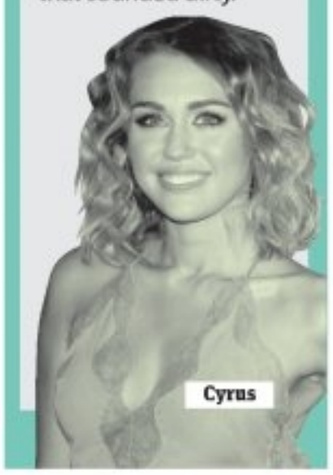
Today, Miley Cyrus thinks you need to calm down, Anderson Cooper knows his limits, Kristin Chenoweth could use some good cheer and Conan O'Brien is easily amused.

**@MileyCyrus**
I'm not engaged. I've worn this same ring on this finger since November! People just wanna find something to talk about! It's a topaz people!

**@andersoncooper**
I just started running again, but don't think I could do a marathon

**@KChenoweth**
I wish it was my bday today. I need a present.

**@ConanOBrien**
Got my oil changed downtown just so I could tweet something that sounded dirty.



Cyrus

### Talking points

#### Fergie talks babies with Duhamel

After three years of marriage to **Josh Duhamel**, **Fergie** is up for having kids — just not now. "It's not happening yet, I can tell you that definitely," Fergie says, according to Hollyscoop. "But we want to have a family, so that's in the cards, but it's just not this second." The continued wait has to do with the fact that, with a lighter Black Eyed Peas schedule, the singer finally has time to spend with her husband. "Eight years of being on the road, and now I've been off the road, what, five months?" she says. "I'm enjoying this time of just being home for that long a period."

▶ Fergie

#### Brand removes Perry tattoo

Now we know the marriage is over. **Russell Brand** has reportedly had the tattoo he got to match soon-to-be ex-wife **Katy Perry**'s removed, according to Hollywood Life. Brand and Perry each had the Sanskrit words for "go with the flow" inked on their biceps shortly after their 2010 engagement, but this weekend the British comic hit up Hollywood's Shamrock Tattoo studio to get rid of the words.

▶ Brand

#### Bobby Brown's DUI arrest

**Bobby Brown** was pulled over for using his cell phone while behind the wheel in L.A. this week — but ended up getting arrested for driving under the influence, according to TMZ. Brown was held in a Van Nuys, Calif., jail before posting bail. "It's unclear what substance cops believe Brown had been using before he got behind the wheel," a source tells the website. Brown has a previous DUI conviction on his record stemming from a 1996 arrest in Georgia.

# 'Les' magnifique

**The 25th anniversary edition focuses more on the story than the original Not that the original was bad, but this reimagined version may be even better**

DEEN VAN MEER

▶ You will be less miserable if you get to see "Les Miserables" before it leaves on Sunday.

It's been 25 years since "Les Miserables" first took the theater world by storm.

To celebrate the occasion, the world's longest-running musical has undergone an overhaul that leaves the theatrical tour de force looking (and sounding) better than ever. One might even argue that the reimagined "Les Miz" is better than the original.

Gone is the rotating stage and much of the over-the-top theatrics that earned both raves and snares, depending on your perspective. This leaner "Les Miz" focuses more on the story whereas the original felt more like a vehicle for the amazing score.

With the help of modern technology, the show's backdrop, inspired by the paintings of Victor Hugo, sets the perfect scene for the action.

But the staging isn't the only thing that's changed. Hugo's magnificent tale feels more focused and is much easier to follow. The characters are more fully developed and, as a result, the audience connects with them on an entirely different level.

Most importantly, the music is more integrated into the story, so classic songs like "I Dreamed a Dream" and "Empty Chairs at Empty Tables" feel like a part of the show rather than the show itself.

The supremely talented ensemble mines every bit of passion from the material and the result is an incredibly emotional roller coaster ride for the audience.

If you don't feel a lump in your throat from the stunning vocals of Betsy Morgan's Fantine during "On My Own" or J. Mark McVey's (Jean Valjean) brilliant "Bring Him Home," you might want to check for a pulse. There weren't a lot of dry eyes in the house at the opening night performance.

NICK DUSSAULT
nick.dussault@metro.us

## Plot points

Upon his release from prison, Jean Valjean has a life-changing encounter with an elderly bishop that fuels his desire to be a good and honest man. As he rises to the top of society, his past is constantly threatening to catch up with him.

## If you go

**'Les Miserables'**
**Through Sunday**
**Boston Opera House**
**539 Washington St., Boston**
**$30-$150**
**800-982-2787**
**www.broadwayinboston.com**

LAW OFFICES OF
JEFFREY S. GLASSMAN, LLC
PERSONAL INJURY • FREE CONSULTATION • NO FEE UNLESS SUCCESSFUL
AUTO ACCIDENTS • SLIP & FALL • DEATH CASES • WORKER'S COMP
We Will Travel To You • Call Now - We Are Easy To Talk To!
SERVING ALL OF MASSACHUSETTS
www.jeffreysglassman.com
617-367-2900
Toll Free: (888) 367-2900
Se Habla Español

Are you a male 26 years old or older?
Do you have problems with ejaculation (release of semen)?
You may qualify for a study at Boston Medical Center looking at the effects of an investigational medication on ejaculation. You may qualify if:
1. You are unable to ejaculate (cum)
2. It takes you a longer time to ejaculate
3. You experience decreased force of ejaculation
4. You think your semen volume is low
Financial compensation up to $559 is provided.
For more information please call: 617-414-2975
Or visit our website: www.androtrials.org

ARE YOU 60 YEARS OLD OR OLDER?
Do you suffer from back pain, neck pain, knee pain, hip pain, pain from joint replacement, arthritis or headaches?
Men who are 60 years and older are needed for a two visit study evaluating effects of low testosterone on body fat, muscle, physical function and risk factors for heart disease. If you suffer from pain and are on pain medications you may qualify.
Financial compensation provided.
BOSTON MEDICAL CENTER
EXCEPTIONAL CARE. WITHOUT EXCEPTION.
Call: (617) 414-2936 | www.androtrials.org

Do you suffer from chronic pain?
MEN 18-64, participate in a research study evaluating the effects of testosterone replacement on pain perception, pain tolerance & quality of life.
If you have non-cancer chronic pain and are on prescription pain medications you may qualify. Financial compensation provided.
BOSTON MEDICAL CENTER
EXCEPTIONAL CARE. WITHOUT EXCEPTION.
CALL 617-414-2936

DONATE YOUR CAR

Wheels For Wishes

Benefiting

MAKE-A-WISH®

Make-A-Wish Foundation®
of Massachusetts and Rhode Island

*Free Vehicle Pickup ANYWHERE
*We Accept All Vehicles Running or Not
*We Also Accept Boats, Motorcycles, and RVs
*Fully Tax Deductible

Share the Power of a Wish.

WheelsForWishes.org 1.855.642.9474 (WISH)



# From 'Hibernation' to an awakening

- Youth Lagoon singer Trevor Powers talks about the 'fuzzy and obscure'
- But his next album may be less so

The music of Youth Lagoon achieves that rare duality where on record it soothes, and in concert it rocks. Songwriter Trevor Powers, who plays every instrument on Youth Lagoon's debut, "The Year of Hibernation," buries his reverberating vocals so deeply at times on the album that his fragile-sounding voice almost feels like another register on his keyboard. But live, there's no escaping the wistful words coming over the PA.

"Don't stop imagining, the day that you do is the day that you die," warns the 22-year-old Powers on the song, "17." He is staring into a crowd from under his curly bangs at the SXSW Music Conference in Austin, Texas, where earlier this month Youth Lagoon played nine sets.

Where the song may seep into the background of a workday, Powers and guitarist Logan Hyde swell slowly and contagiously along to its synthetic claps. There's not a person in attendance who isn't nodding along. It's great to get into a song's fundamental melodies — but when the lyrics reveal themselves to be inspiring, that is one of music's greatest rewards. Powers says he buried the words for a reason.

"When you take the skeleton of a song, when you actually record it, you want to present it in a way that fits with that main idea of the song. And with these songs it felt right to present them in a fuzzy and obscure type of way," he says between gigs at SXSW. He's sipping a carton of coconut water and smells like beer.

He says though he presents his lyrics in this "obscure type of way," it doesn't stop fans from trying to figure them out.

"I remember ... kind of stumbling on a lyrics website and finding some of the songs," he says. "They weren't even close."

PAT HEALY
pat.healy@metro.us

COURTESY OF FAT POSSUM RECORDS

▶ The creature from Youth Lagoon: Powers plays a sold out show tomorrow at the Middle East Downstairs in Cambridge.

### 'Hibernation'? Ha!

**Powers says that since "The Year of Hibernation" came out in September, the year has been anything but hibernation, as he has been on the road most of the time with an ever-rising profile.**

"The best way to describe it would be if your life turns 180 degrees," he says.

**And this will most likely change the tone of the second Youth Lagoon album.**

"Obviously the songs you write are not going to be the same," he says. "I guess my whole mentality, and my life in general, is different now because I'm in such a different place — and so the music that I'm working on has a different flavor to it."

Fibromyalgia

- Adults with fibromyalgia needed for a study
- Up to 48 FREE Tai Chi or Aerobic Exercise sessions
- Compensation is available

Contact Tufts Medical Center
(617) 636-8682
FMEx@tuftsmedicalcenter.org
Tufts Medical Center

WE ARE HEALTHCARE TRAINING.

- Classes Starting Monthly - ENROLLING SOON!
- FLEXIBLE SCHEDULE - Day and Evening Classes!

Scan for more info!
Connect with us today!
888.396.2444
Text MySbBos to 94576
sanfordbrown.edu/boston
Sanford Brown COLLEGE
Sanford-Brown College Inc., a private two-year college
126 Newbury Street | Boston, MA 02116
Career education 127859–03/11. Find disclosures on graduation rates, student financial obligations and more at www.sanfordbrown.edu/disclosures. Credits earned are unlikely to transfer. Sanford-Brown College cannot guarantee employment or salary.

T|A|G
theater & arts guide

MUSIC
THE BOSTON CONSERVATORY ORCHESTRA
Bruce Hangen, Conductor
Sunday, April 1 | Tickets $10-$15
MOZART: Symphony No. 35 in D Major, "Haffner"
DEBUSSY: Fantasie for Piano and Orchestra with Max Levinson, piano;
Rhapsody for Alto Saxophone and Orchestra with Kenneth Radnofsky, saxophone;
Premiere Rhapsody for Clarinet and Orchestra with Jonathan Cohler, clarinet
RAVEL: Rapsodie Espagnole
2 p.m. Concert (1 p.m. Lecture)
Sander's Theatre, Cambridge, MA
Harvard Box Office: (617) 496-2222
www.bostonconservatory.edu/perform

MUSIC
HANDEL AND HAYDN SOCIETY PRESENTS
BACH ST. MATTHEW PASSION
Join Artistic Director Harry Christophers and acclaimed guests for Bach's masterpiece, premiered in the US by H&H in 1879, and considered the greatest work of all time.
Mar 30 & Apr 1 | Symphony Hall
Tix $25+
617 266 3605
handelandhaydn.org

To advertise in this directory contact Tiffany Carnuccio at 617-532-0121 or email: tiffany.carnuccio@metro.us

BosTix
1/2 Price Tickets
BosTix.org

Medical Professional Institute
celebrates its 13 years of outstanding achievements

Practical Nursing
Medical Assistant
Phlebotomy Tech
Phlebotomy/EKG Tech
Nursing Assistant

Now You can join the ranks. Take advantage of our experience, and start on the path to success.

Call today and mention this ad and we will waive the registration fee for applicants in the month of March.

Why MPI?
- MPI is an accredited institution, conveniently located near the Malden T Station.
- MPI has Twice the rate of graduation and employment placement compared to some local community colleges.
- Small class sizes taught, day and night, by experienced medical professionals.
- You can earn your certificate in a short period and start a career in health care.

Medical Professional Institute
www.mpi.edu Tel:781-397-6822
380 Pleasant St, Malden, MA 02148
For more information on our program and its outcomes visit: http://mpi.edu/gainful-employment/

You don't have time to commute to an info session. **That's why ours is online.**

Learn about **Master's Degrees from Brandeis**

**Tomorrow night, March 29th at 7pm ET**

**RSVP now at www.brandeisinfo.com**

ACCELERATE YOUR CAREER WITH AN ONLINE MASTER'S DEGREE FROM BRANDEIS.

Brandeis University
The Rabb School of Continuing Studies
Division of Graduate Professional Studies

Scan to RSVP for our Online Info Session



# Habits of the healthy

**Whether you want to ward off the common cold or lower your cancer risk (or do both), adapt your lifestyle to include these tips from author Gene Stone**

Everyone gets sick, don't they? Not according to health writer Gene Stone, author of "The Secrets Of People Who Never Get Sick."

"I've written many books and talked to many people during the course of that, and I started to notice that some people just never got sick," Stone says of his inspiration. "I started to learn their secrets." Such healthy folks — who fend off everyday illnesses as well as the biggies like diabetes, heart disease and dementia — are a rarity, though, he admits.

"There aren't that many, but there are some people who led lifestyles that prevented illness. Most of these people were lucky to have good genes, but a good deal of it was to do with their diet," he says.

▶ Familiar? Consider adding more veggies and garlic to your diet.

COMSTOCK

**Quoted**

**"Attitude and emotions have an enormous impact on your long-term health."** GENE STONE

And Stone adds that there's a less tangible element to good health, too: attitude.

"Psychoneuroimmunology studies show the relationship between the psyche and health," he says. "Attitude and emotions have an enormous impact on your long-term health." So think positive for a health boost.

LINDA CLARKE
letters@metro.us

## Stone's secrets

Stone picked out a few of his 25 secrets that he says are simple to do every day.

▶ **Eat raw garlic:** "Garlic has been a natural antibiotic and antioxidant since the Egyptian times," he says.

▶ **Eat a plant-based diet:** "I went vegan four years ago and my HDL [good cholesterol] went up and LDL [bad cholesterol] went down."

▶ **Take cold showers:** "These bolster your mood and your immune system."

▶ **Nap:** "You need seven to eight hours [of] sleep, but not all at once. A 20-minute nap increases your lifespan."

Are you tired of being labeled?

Cutting-Edge Quanta Ruby Laser
**Tattoo Removal**
Provided by Board-Certified Dermatologist & Laser Experts.

For more information or to schedule a consultation, please call
**(617) 636-8411**
CONVENIENTLY LOCATED DOWNTOWN
Easily Accessible by T
T Green Line - Boylston Street T Orange Line - Tufts Medical Center T Commuter Rail - South Station

THE FENWAY INSTITUTE

1

Research empowe RING women in the fight against HIV.

Fenway Health Ansin Building
1340 Boylston Street, Boston, MA 02215

Fenway Health is studying the possibility of preventing HIV using a medicated vaginal ring. We need HIV-negative women 18-40 to help.

Stand up for LOVE

2

FACT: 63% of all HIV/AIDS cases in the US are in gay and bisexual men and infection rates are rising among men who have sex with men.

Fenway Health is seeking HIV-negative men who have sex with men to participate in a vaccine trial to determine the safety and effectiveness of an investigational HIV vaccine.

We are seeking volunteers: HIV-negative men, ages 18–50, who have been a top or bottom in the past 6 months. Volunteers receive compensation for their time and travel expenses, as well as confidential HIV counseling and testing.

You cannot get HIV from this investigational HIV vaccine.

BOSTON is READY.ORG

BOSTON GET YOUR HEART ON

VOLUNTEER FOR AN HIV VACCINE STUDY

617.927.6450

GUYS EXPERIENCING LUBE projectgel

3

ARE YOU:

- 18–30 years old?
- A man who has sex with men?
- Willing to be tested for HIV?

IF YOU ENROLL, YOU WILL:

- Be tested for HIV.
- Complete a physical exam, including an anal exam.
- Be asked questions about your medical and sexual history.

You will receive compensation for your participation in this study.

THE FENWAY INSTITUTE

TAKE THE T TO ANYWHERE IN THE WORLD.

GET TO BOSTON LOGAN BY THE BLUE LINE OR SILVER LINE.

bostonlogan massport

ALWAYS IMPROVING. ONWARD AND UPWARD.



mywellbeing

In the news

## Bostonians and medicine

Per CVS Caremark State of the States: Adherence Report, Massachusetts is the state most likely to purchase lower-cost generic medications over brand-name drugs. The state is the fourth most-likely to fill prescriptions as prescribed and 13th most-likely to refill medication after the first time. Keep taking your medicine as prescribed: A 2009 report from the New England Health Institute found that $290 billion is wasted each year on medical expenses that could be avoided by people properly taking their medication. METRO

# Spices with healing powers

Joy's healthy bite

JOY BAUER, MS, RD

WWW.JOYBAUER.COM

Spices aren't just flavor-enhancers — they're also incredible health-enhancers. Here are five everyday seasonings that boast medicinal benefits.

There are a whole lot of health benefits to be found here.

**Cayenne boosts metabolism and suppresses appetite.** Cayenne pepper does more than simply add fire to your food. A Purdue University study found that adding spicy seasonings and condiments like cayenne pepper, fresh and bottled hot peppers or hot sauce to meals suppresses appetite and slightly revs up metabolism. When dieters who weren't used to eating spicy foods enjoyed soup seasoned with cayenne pepper, they ate 60 fewer calories at their next meal. Try sprinkling chopped hot peppers into salads or mixing hot sauce into low-fat mayo or hummus for sandwiches. Add a kick to omelets, low-fat chicken or tuna salad, stir-fries and marinades with minced jalapeno or chipotle peppers.

**Turmeric (and curry powder) contains an anti-inflammatory compound that may relieve aches and pains.** Looking for a way to ease joint and muscle discomfort caused by arthritis, intense exercise or everyday wear and tear? Try turmeric, a mustard yellow spice from Asia and the main ingredient in yellow curry powder. Scientific studies have shown that a compound in turmeric called curcumin activates the same anti-inflammatory pathways as some arthritis medications. Be sure to check out the recipe for Chicken Curry and Vegetables on my website — it's the ultimate meal for alleviating aches and pains.

**Cinnamon improves blood sugar control.** Lower your blood sugar by liberally sprinkling cinnamon at mealtime. Studies suggest that adding this cozy spice to food or drinks may slightly blunt the rise in blood sugar that occurs after eating. Try mixing a dose of ground cinnamon into oatmeal, yogurt or cottage cheese. Or use it to flavor apple, pear or peach slices. Cinnamon is also a perfect flavor-enhancer for your morning mug of coffee or tea.

**Rosemary has compounds with anti-cancer activity.** Rosemary is a wonderful, fragrant herb that is easy to grow and quite versatile when it comes to cooking. It has a woodsy, earthy flavor that's ideal for poultry dishes, roasted vegetables and savory baked goods. Rosemary contains caffeic and rosmarinic acid, two antioxidants that may protect cells from damage by carcinogenic compounds.

**Ginger soothes an upset stomach and alleviates nausea.** It isn't just an old wives' tale — ginger has actually been shown to reduce nausea in scientific studies. When your stomach feels off, try nibbling on a few slices of delicious, candied ginger or sipping on a warm cup of calming ginger "tea" (just steep a few slices of fresh ginger root in hot water for five minutes). You can also add a half-teaspoon of ground ginger to fruit smoothies, yogurt or oatmeal. Consider making all-natural ice pops using 100 percent fruit juice and grated fresh ginger for a tasty combo of cold and sweet to relieve an upset stomach.

*— For more foods that can help to prevent, manage and treat common health conditions, follow* ***Joy Bauer*** *on Facebook and Twitter (@joybauer) and visit* ***www.joybauer.com.***

*Metro does not endorse the opinions of the author, or any opinions expressed on its pages.*

Do you struggle with your weight?

...looking for a FRESH start?

Researchers at **Children's Hospital Boston** are comparing diets for weight loss. If you are:

**18 to 40 years old, overweight**, and **otherwise healthy** you may be able to participate in the ***FRESH Start Study.***

**What you get:**
- Private **dietary counseling** (in-person & by phone)
- Group **nutrition workshops**
- **Cooking demonstrations**, food tastings, & recipes
- **Provision of some foods**
- American Express gift cards (up to $300)

To Learn More About This Research Study
Please Call **617-919-3503** Or email:
**freshstart@childrens.harvard.edu**

Children's Hospital Boston

FREE SCREENINGS

FOR ORAL CANCER and DENTURES
April 23-27, 2012

Screenings by appointment only. For any questions and to schedule an appointment, **please call (617) 636-6888**

LOCATION:
Tufts University School of Dental Medicine
Prosthodontics and Operative Department
Postgraduate Prosthodontics Division

Tufts UNIVERSITY

One Kneeland Street, Boston, MA 02111 (12th Floor)

Easily Accessible by T
Green Line - Boylston Street · Orange Line - Tufts Medical Center · Commuter Rail - South Station

LONGWOOD DENTAL GROUP
where science meets art

Creating Healthy Smiles for Life

13 of the Area's Finest Specialists & General Dentists
Available 7:30am—8pm

Call: 617.566.5445 or
Book Online: www.longwood-dental.com
1842 Beacon St, Brookline

ULTIMATE GRIND
PERSONALIZED GROUP FITNESS

We Bring The Gym To You
Work Out at Work

1st Class Free for You & 10 or More Coworkers
Visit ULTIMATEGRIND.COM for more details

CALL TODAY!
877-773-9866

What You'll Do...
3 Movement Assessments
2 Muscular Endurance Tests
1 Cardiovascular Fitness Test

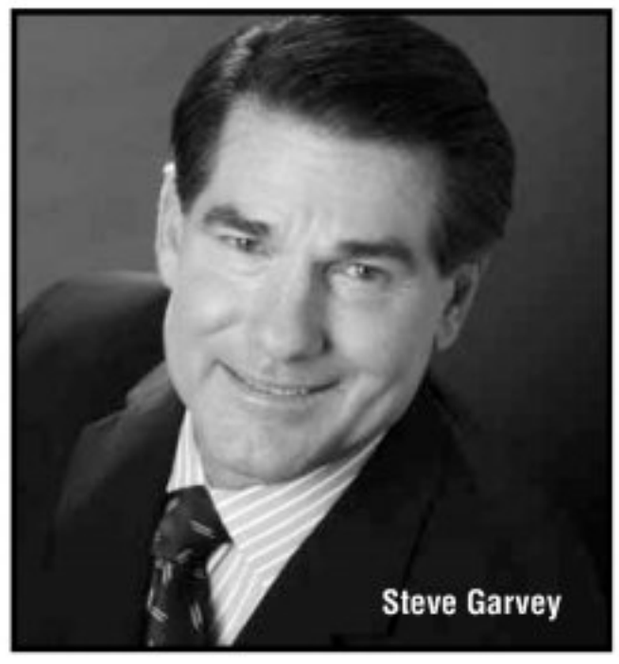
What You'll Get...
A Personal Warm-up Routine
See How Your Strength "Stacks Up"
A Personalized Cardio Program

# TAKE THE T TO ANYWHERE IN THE WORLD.

GET TO BOSTON LOGAN BY THE BLUE LINE OR SILVER LINE.

bostonlogan massport

ALWAYS IMPROVING. ONWARD AND UPWARD.



Steve Garvey

# How Ex-All Star BEAT Agony of Thinning Hair

## "Now I Got A Great Head Of Hair...And Look As Good As I Feel!"

By Steve Garvey
Former LA Dodger Star

**I learned the hard way that nothing lasts forever.** Back in the '70s and '80s, I was fortunate enough to play for some really great teams.

**And what a time it was!** As a 10-time All Star, National League MVP, and the 1981 World Series Champion, I was on top of the world.

**Back then, I was known for my big arms, big legs, and 'perfect' hair.** All the guys in the locker room used to kid me about my thick, lush hair. And I was proud of it.

**Well, time sure has a way of changing things.** Even during my prime, I started to lose my hair. At first, it was easy to hide — baseball hats were a daily part of my life.

**After baseball, I had to do my best to conceal my hair loss** by styling it just right, but that only worked for so long.

**The real wake-up call** came when my daughters snickered that the back of my head was getting a 'little shiny.' Before I knew it, the family was calling the crown of my head, "The Spot."

**It wasn't just a vanity issue for me.** By then, I was in my 50s, with a second career as a motivational speaker. The people who come to hear me speak expect to see me as I looked in my heyday, at age 29. Not as a balding, middle-age guy.

**Unfortunately, hiding my hair loss under a cap was no longer an option.** I needed to find a better solution. I considered Minoxidil and some other medical treatments. But I didn't just want to retain the hair I had. I wanted to restore it. And I wanted a permanent solution.

**When I played in the majors, I hated losing and I hate losing now.** So I did a lot of research, explored my options and made sure that the solution I picked would be right for me.

**Finally, I decided to step up to the plate** and see the winning team at Bosley, the world's most experienced hair restoration experts.

**Bosley understands that hair loss is unique and personal for every patient.** So when you go to Bosley, you don't get a cookie-cutter solution. There are no short cuts. I got a truly customized treatment plan that I knew would work for me. After a thorough consultation, I decided to go with the only permanent solution — a hair restoration procedure.

With the skill of a fine artist, **my Bosley physician designed a natural looking hairline** that's just right for the shape of my face, my features, and my age. And they were able to get rid of the "The Spot" on my crown.

**Today, I think my hair looks as good as it did** when I was tearing it up in the majors. I love it and so do my daughters!

**I'm so pleased with the results** that I wanted to let others know about this amazing solution to hair loss. So when Bosley asked me to share my story, I jumped at the opportunity.

**Hey, if you're bald and love it, I say great.** But if you're like me and millions of other guys who are active, motivated, climbing up the ladder of success, and want to look younger and more confident, why go through life miserable about your hair?

### GET 2 FREE GIFTS

You owe it to yourself to at least get all the facts and then decide. **Call today and Bosley will send you a FREE Information Kit which includes a 49-page Guidebook and DVD.**

You'll see actual patient/doctor interviews, before/after photos, and answers to the most frequently asked questions about hair loss and hair restoration at Bosley.

**Plus you'll also get a $250 Gift Certificate** — good toward a Bosley hair restoration procedure should you decide to have one.

**One more thing:** If you're worried about the cost, you can relax. You don't have to be an ex-ballplayer to afford a hair transplant. Bosley makes it easy for virtually everybody to afford.

I hit a home run when I went to Bosley. **Now it's your turn at bat.** Call today and get the facts with a FREE private consultation with one of their skilled physicians. There's absolutely no obligation. It could change your life as much as it did mine.

### CALL NOW, TOLL-FREE
### 1-800-380-4147

Professional services provided by the Licensed Medical Doctors of the Bosley Medical Group. Individual results may vary. Bosley physicians are only available at Bosley surgical offices. Professional services provided by licensed physicians of the Bosley Medical Group.

BEFORE

AFTER

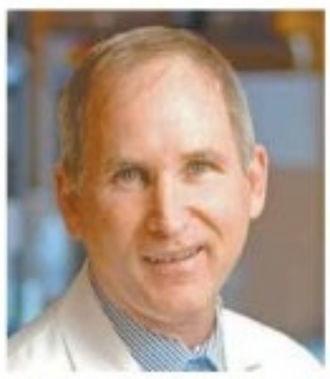
Brandeis University
The Rabb School of Continuing Studies
Division of Graduate Professional Studies

Work on your Master's during your commute.

ONLINE MASTER'S DEGREES FROM BRANDEIS
- Management of Projects & Programs
- IT Management
- Virtual Team Management & Communication
- Information Assurance
- Software Engineering
- Health & Medical Informatics
- Bioinformatics (Bio. involves some on-campus learning)

THE BRANDEIS ADVANTAGE
- No GRE/GMAT required
- Complete an MS degree in as little as 18 months
- Can take two courses before applying for admission
- Apply what you learn at work the next day
- A world-class university ranked No. 31 by U.S. News & World Report in 2012





Charlie Fuchs, MD, MPH, director of the gastrointestinal cancer center at Dana-Farber Cancer Institute

# Colon cancer on the rise in young adults

## March is National Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer deaths in the United States.

And although 90 percent of the cases of the disease occur in people over the age of 50, studies show colorectal cancer is on the rise in younger patients.

Emily Collins was diagnosed with colon cancer in May 2011. She's just 31 years old.

"In comes the gastroenterologist with this awful look on his face and he said, well, we found this enormous tumor," says Collins. "I felt perfectly healthy. I had no idea I had advanced stage cancer growing in side of me. It was really completely out of the blue."

Charlie Fuchs, MD, MPH, director of the gastrointestinal cancer center at Dana-Farber Cancer Institute in Boston, says colon cancer often is found in its late stages as common symptoms of disease are mistaken for other medical issues. These symptoms can include blood in the stool, changes in bowel habits, and abdominal discomfort.

"These symptoms can arise for reasons totally unrelated to cancer, so one shouldn't conclude that if you have any of those symptoms that you have colon cancer," says Fuchs, "but you should bring it to the attention of you primary care physician who can make an assessment and decide if any further evaluation is needed."

For Collins, the news she had an advanced stage of colon cancer was devastating. "As a newlywed, I was focusing on new life with my husband Greg," says Collins. "Instead, I started on a rigorous schedule of treatment to treat the disease that included months of chemotherapy, radiation and then major surgery."

Studies show the disease is highly curable when found in its earliest stages. Fuchs says that people can reduce their chance of developing colon cancer by staying in shape as obesity is one of the leading risk factor for the disease. "You should also limit eating red meat to no more than two times a week and limit the number of alcoholic drinks to no more than one a day," says Fuchs. "Studies also show aspirin and vitamin D can help prevent colon cancer."

Dana-Farber patient Emily Collins and her husband Greg

As for Collins, the focus now is finishing treatment and staying healthy. "I'm so grateful for every day that I feel okay," says Collins. "I'm so grateful to be alive, facing that kind of news really does make you value the things that you have."

Dana-Farber Cancer Institute (www.dana-farber.org) is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute. It provides adult cancer care with Brigham and Women's Hospital as Dana-Farber/Brigham and Women's Cancer Center and it provides pediatric care with Children's Hospital Boston as Dana-Farber/Children's Hospital Cancer Center. Dana-Farber is the top ranked cancer center in New England, according to U.S. News & World Report, and one of the largest recipients among independent hospitals of National Cancer Institute and National Institutes of Health grant funding.

For more information on how you can lower your cancer risk, visit www.dana-farber.org. Follow Dana-Farber on Twitter: @dana-farber or Facebook: facebook.com/danafarber-cancerinstitute

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

Dana-Farber's

April 2012 | Site
Tuesday 3 | Whittier Street Health Center
Wednesday 4 | Martha Eliot Health Center
Thursday 5 | Mattapan Community Health Center
Tuesday 10 | Harvard Street Neighborhood Health Center
Wednesday 11 | The Dimock Center
Thursday 12 | South End Community Health Center
Wednesday 18 | Joseph Smith Community Health Center – Waltham
Thursday 19 | Geiger Gibson Community Health Center
Tuesday 24 | Bowdoin Street Health Center
Wednesday 25 | Joseph Smith Community Health Center – Allston
Thursday 26 | Mattapan Community Health Center

May 2012 | Site
Tuesday 1 | Whittier Street Health Center
Wednesday 2 | Roxbury Comprehensive
Tuesday 8 | Martha Eliot Health Center
Wednesday 9 | Bowdoin Street Health Center
Thursday 10 | Neponset Health Center
Tuesday 15 | Bowdoin Street Health Center
Wednesday 16 | Joseph Smith Community Health Center – Waltham
Thursday 17 | Mattapan Community Health Center
Tuesday 22 | Brockton Neighborhood Health Center
Wednesday 23 | The Dimock Center
Thursday 24 | Fenway Health
Tuesday 29 | Joseph Smith Community Health Center – Allston
Wednesday 30 | Manet Community Health Center – Snug Harbor
Thursday 31 | Mattapan Community Health Center

Mammography Van

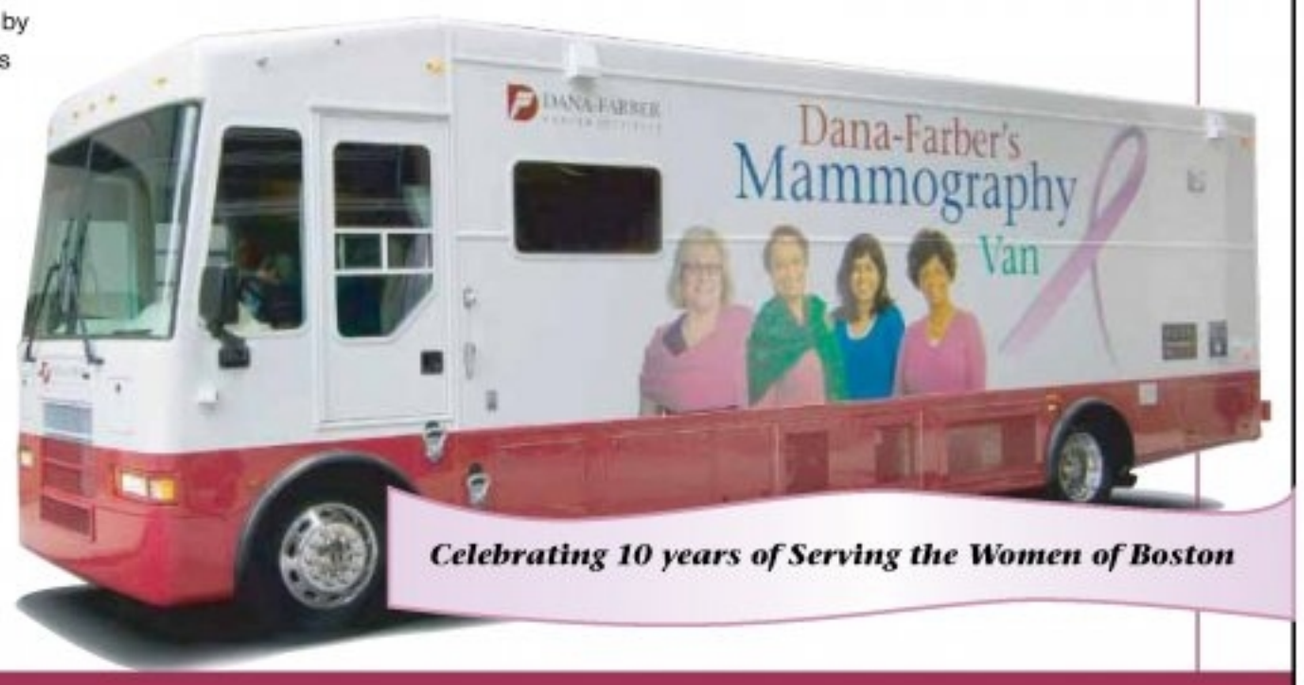
Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

To learn more or schedule an appointment, please call 617-632-1974.
Visit us on the Web at www.dana-farber.org/mammographyvan.

DANA-FARBER CANCER INSTITUTE

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

Se Habla Español
Nou palé Kreyòl




Celebrating 10 years of Serving the Women of Boston

# Finding a doctor is just a phone call away

People looking for a new primary care doctor have a new place to turn. The CHA Doctor Finder Service (617-665-1305) is a new phone line dedicated to helping you find the best doctor for you or your family. Our friendly staff lives and works in the Boston area and has experience in several healthcare fields. This means we understand your community, your commute, and we can connect you with the right primary care team for your needs.

With over 100 primary care providers in 15 convenient locations, it is easy for you to choose a CHA doctor. To help find the best fit, we may ask if you prefer:

- A doctor close to work or home
- A man or a woman
- Someone who specializes in a certain kind of medicine
- Someone who speaks another language
- An office near a bus or train line

**Meet the CHA Doctor Finder Team**

Our friendly CHA Doctor Finder Service team includes Mary Ann, our manager, and three Customer Care Coordinators, known as the "A Team":

**Altagracia:** "I started at CHA in 2004 as a medical interpreter and quickly learned I could combine my love of languages with helping people." When asked why this service works well, Altagracia said: "we are a great entry point for a first time patient or someone looking to switch PCPs. We guide people step by step through the process in a clear manner." Altagracia is also fluent in Spanish.

**Aneesah:** "I have worked at CHA since 2007 and spent several years in a training role." Now as a Customer Care Coordinator, Aneesah loves helping callers navigate the healthcare system. She finds her work meaningful because "it lets me connect people of all ages to the care they need, promoting the maintenance of good health."

**Ana:** "I joined CHA in 2010 as a Medical Receptionist and love my new job." Ana explained that her new role is "very fulfilling because I can often help people who are in the most need." Many people are so happy with Ana that they call back looking for help with other services. Ana is also fluent in Portuguese.

**Call us today.**

Are you looking for a new doctor? Call the CHA Doctor Finder Service at 617-665-1305. We are here Monday - Friday, from 8:30 am to 5:30 pm. After hours, just leave us a message. We will call you back the next business day. We speak English, Spanish, and Portuguese and have interpreter services for all other languages.

# Walk it Off!

Did you know that walking benefits both your mind and body? In addition to helping you stay at a healthy weight, walking just thirty minutes a day can lower your stress level. It can also raise your spirits and your energy! And, because walking is low-impact – which means it isn't hard on your body – the risk of getting hurt is low. So, almost anyone can walk daily, and walking is a great low-cost way to spend time with friends and family.

**RESULTS WITHIN WEEKS**

Walking for at least thirty minutes a day – that's about 1.5 to 2 miles, depending on your speed – is great for your heart and your waist. Within weeks, you'll notice your clothes fit better, and you may lose weight. It's easy to get started – add walking into your day by:

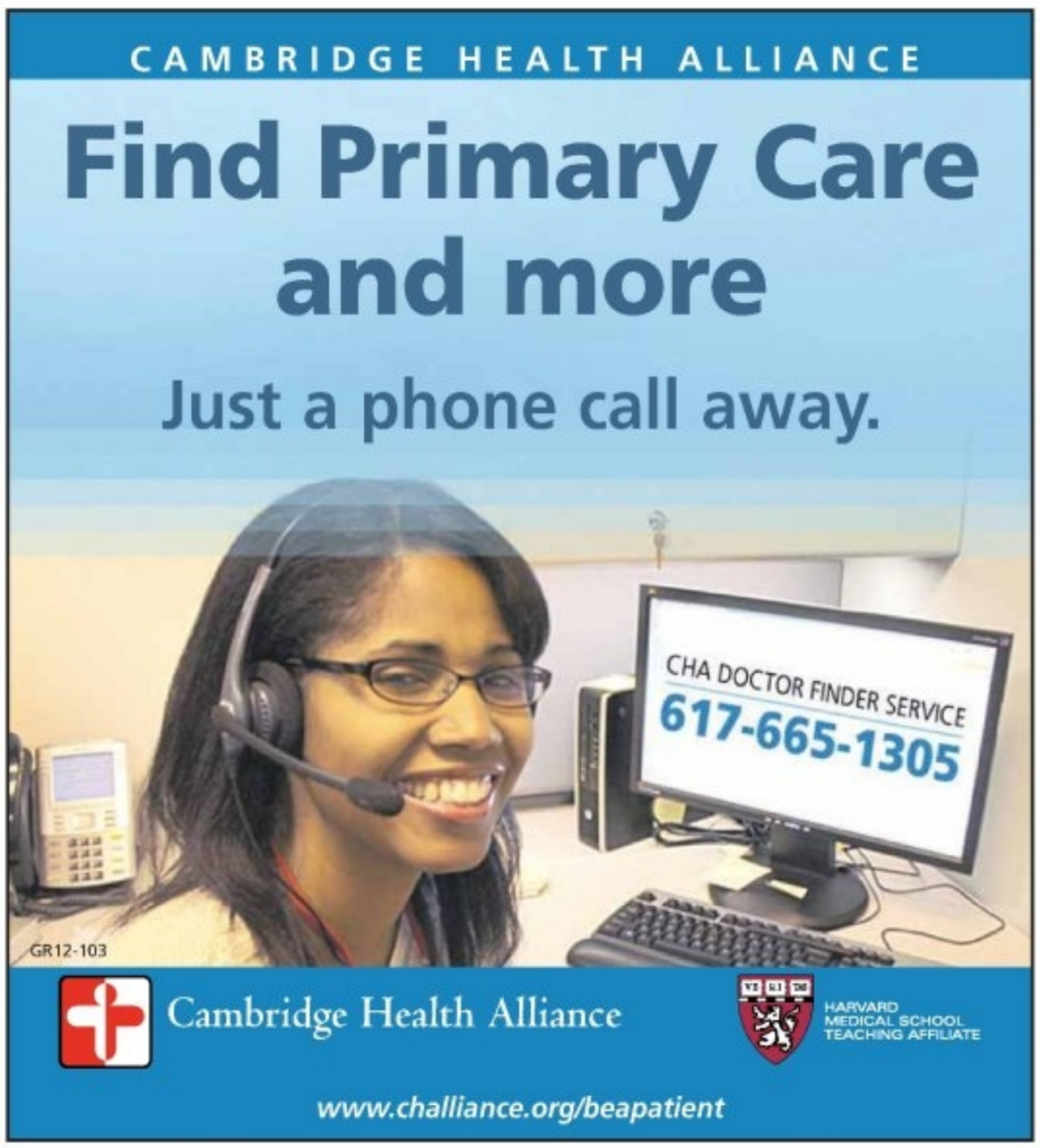
- Walking instead of driving to the place where you are going
- Parking the car further from the door of your apartment, home or office building
- If you take the bus or train to your home or work, getting off a stop earlier
- Taking the stairs instead of the elevator, or using the restroom on another floor.

**STEP IT UP FOR YOUR FAVORITE CAUSE**

At BMC HealthNet Plan, we also recognize that while it feels great to take care of yourself, it feels even better when you join a friend for a walk, run, or bike ride that supports a local cause. So, to help you with your efforts to get and stay well this spring while generating awareness and funds for your favorite charity, we've created the "Healthy Activities" resource section within our online Wellness Center, in the Living Healthy section at ChooseBMCHP.com. You'll also find flyers there on how to *Walk Wisely* and *Why You Should Walk it Off!*

**WHY SPRING IS THE IDEAL WALKING SEASON**

- It's not too hot, and not too cold
- Spring flowers!
- Gets you started on healthy behaviors you can keep going all year
- Lots of great Boston area local walks – like Project Bread's Walk for Hunger on May 6 and the March of Dimes March for Babies on May 12.

FREE BIKE HELMETS FOR KIDS WHO ARE OUR MASSHEALTH MEMBERS
IF YOU'RE A MASSHEALTH MEMBER, YOU CAN CHOOSE BMC HEALTHNET PLAN OR ANY OTHER MASSHEALTH HEALTH PLAN, ANY TIME.
BOSTON MEDICAL CENTER HealthNet Plan Get more.
THE POWER TO PROTECT
MassHealth members who choose BMC HealthNet Plan get free bike helmets for kids, car seats, booster seats, fitness and Weight Watchers® reimbursements AND MORE.
ChooseBMCHP.com

Contact BMC HealthNet Plan at 800-792-4355 or on the Web. For all your MassHealth health plan options, call 800-841-2900, M - F, 8 a.m. - 5 p.m. (TTY: 800-497-4648).

# Tired of wearing Glasses or Contacts? Your Wait For Improved Vision Is Over

**For a limited time get a free LASIK evaluation (a $250 Value) and get $0 down & 0% financing for a up to 2 years!** New England Eye Center is excited to introduce you to the ultimate in laser vision correction, its called iLASIK™ and it's the culmination of everything we've learned about LASIK over the past decade. Now that the iLASIK procedure is available, there's really no reason to put off having laser vision correction surgery.

**The introduction of the iLASIK procedure means your wait for improved vision is over, because:**

1. Most people are candidates – Get a free evaluation today

2. iLASIK technology is advanced and innovative — so it's safe and proven

3. The iLASIK procedure is not complicated — it's fast and virtually painless

**The iLASIK Procedure — It's Safe And Proven**

The technology used in the iLASIK procedure is very mature and very safe. Doctors have been doing LASIK for over a decade. Nearly 32 million LASIK procedures have been performed to date, making it the most common elective vision procedure in the U.S. In fact, all branches of the U.S. military and NASA recently approved LASIK for their servicemen and women thanks to studies using iLASIK technology.

**You're Probably A Candidate**

The reality is that the majority of people who meet the age and general health requirements are in fact good candidates for the iLASIK procedure. There are some conditions that exclude certain patients, but whether you have nearsightedness, farsightedness or astigmatism, there's a good chance you can still have the iLASIK procedure.

If you meet the basic criteria below, you should call today to book your free evaluation:

- You are at least 18 years old
- You are in good general health
- Have had a stable vision prescription for at least one year
- Have no existing eye disease

**Presbyopia Correcting IOLs (Multifocal IOLs)**

Presbyopia is a condition that most people over the age of 40 experiences that result in difficulty seeing up close without the aid of bifocals, trifocals, or reading glasses. The age-related condition is believed to be caused by a hardening of the lens inside the eye, making it difficult for the eye's muscles to change its focus.

Over time, the lens becomes cloudy and develops into a cataract. It is said that, if we live long enough, we will all develop cataracts. The only way to treat cataracts is to remove and replace them with an Intraocular Lens (IOL).

Until recently, the primary option was to receive a "fixed focus" IOL. Patients who received this type of IOL typically had both eyes corrected for distance vision but usually still required glasses for intermediate and near vision.

If you are experiencing presbyopia or cataracts, you may be a candidate for one of the new technologically advanced IOLs that can provide a full range of vision. This means that you can read and see clearly in the distance and everything in-between, with little or no dependence on bifocals, trifocals, or contact lenses. It's almost like having a bifocal or progressive lens inside your eye.

Depending on the technological features of these IOLs, they may be described as "Accommodating IOLs", "Apodized-diffractive IOLs", or "Multifocal IOLs". Each of these lenses has some advantages and disadvantages. Which one is best for you depend on the unique characteristics of your eye as well as your lifestyle needs.

The vast majority of patients who chose a Multifocal lens report they can read a book, work on a computer, drive a car and play golf or tennis with an increased freedom from glasses. Multifocal lens surgery can address cataracts, presbyopia and astigmatism.

**Intraocular Lens for Astigmatism**

Advances in Intraocular Lens (IOL) technology now provide a reliable and effective option for patients with astigmatism. Until the recent introduction of Toric IOLs, people who are considered candidates for intraocular lenses could only have their nearsightedness and farsightedness corrected during lens implant surgery. Patients with astigmatism would either require corneal refractive surgery (LASIK, PRK, or LRI) after lens implant surgery or they would remain dependant on glasses or contacts due to uncorrected astigmatism.

Astigmatism is caused by the cornea being more curved in one direction than the other, much like a football. Toric IOLs are specially shaped IOLs designed to offset the imbalance created by the irregular shape of the cornea. Once implanted and aligned inside the eye, they stay fixed in place, thereby eliminating pre-existing astigmatism.

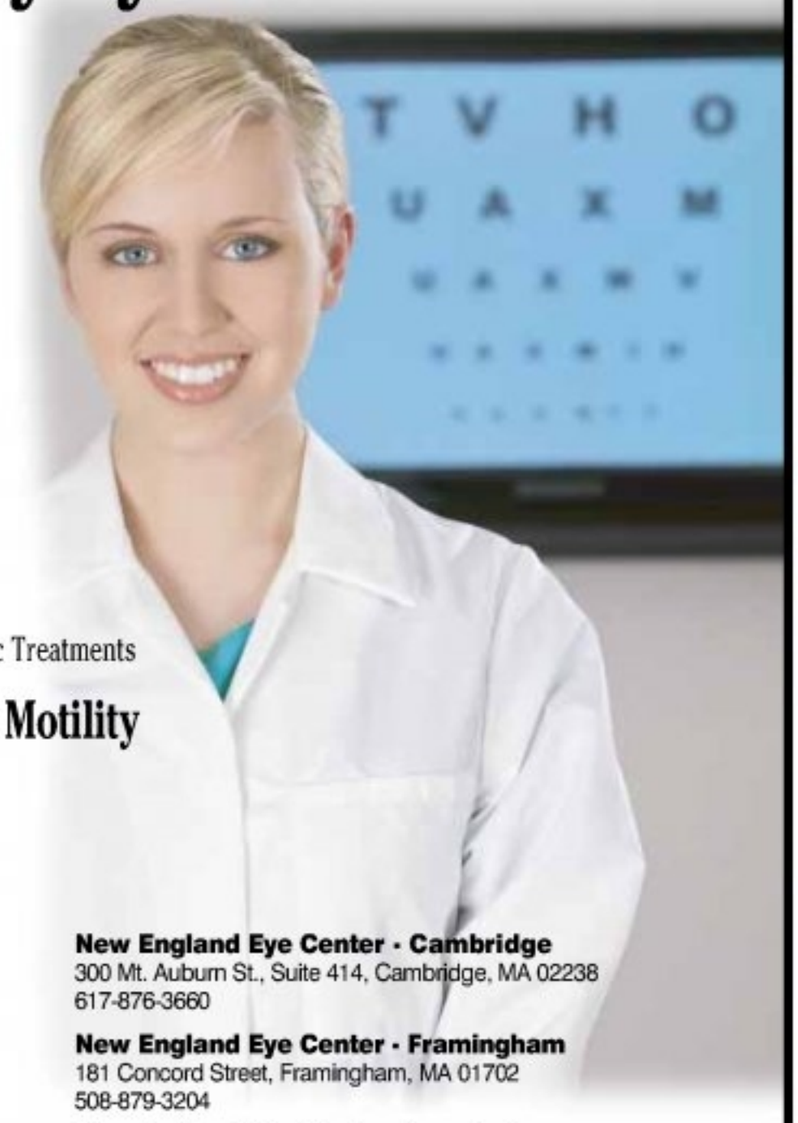
**New England Eye Center**

A leader in Vision Correction in Boston & New England for 21 years, New England Eye Center is the Ophthalmology Department for Tufts Medical Center & Tufts University School of Medicine. We have four board certified cornea specialists on staff that trains LASIK doctors from all over the world. **Call 617-636-7800 today to set up a Free Evaluation** or visit us online at **www.MyLasikDoc.com.**


## Patients Trust New England Eye Center For Quality Eye Care

*Just some of the Services offered at the New England Eye Center*

- **Vision Correction Center**
  **(call 617-636-7800 or Toll-Free 1-888-51-LASIK)**
  - LASIK (reduce dependency on Glasses & Contacts!)
  - CK (toss those reading glasses)
  - ReStor or Crystalens (for the Cataract patient)
- **Cosmetic Eyelid and Facial Surgery**
  **(call 617-636-7771)**
  - Repair of drooping and sagging upper lids
  - Removal of lower eyelid bags • Brow Lift
  - Microdermabrasion • Botox for wrinkles • Other Cosmetic Treatments
- **Pediatric Ophthalmology and Ocular Motility**
- **Glaucoma & Cataract**
- **Macular Degeneration**



**New England Eye Center · Vision Correction Center**
260 Tremont Street, 11th Floor, Boston, MA 02111
617-636-7800

**New England Eye Center· Boston**
260 Tremont Street, Biewend Building, 9th Floor, Boston, MA 02111
617-636-4600 • 800-231-3316

**New England Eye Center · Brighton**
11 Nevins Street, Suite 205, Brighton, MA 02135-3503
617-783-5050

**New England Eye Center · Brookline**
1371 Beacon Street, Suite 100, Brookline, MA 02446
617-734-1396

**New England Eye Center · Cambridge**
300 Mt. Auburn St., Suite 414, Cambridge, MA 02238
617-876-3660

**New England Eye Center · Framingham**
181 Concord Street, Framingham, MA 01702
508-879-3204

**New England Eye Center · Leominster**
20 Commercial Road, Suite 108, Leominster, MA 01453
978-534-6100

**New England Eye Center · Wellesley**
One Washington Street, Suite 212, Wellesley, MA 02481
781-237-6770 • 800-452-2084

**New England Eyewear · Optical Shops**
- 260 Tremont Street, 11th floor, Boston, MA 02111
  617-636-5857
- 11 Nevins Street, Suite 205, Brighton, MA 02135-3503
  617-779-7330

New England Eye Center
Affiliated with Tufts University School of Medicine

**Online: www.MyLasikDoc.com or www.neec.com**

Find us on Facebook

BOSTON MEDICAL
EXCEPTIONAL CARE. WITHOUT EXCEPTION.

Cancer Care Center
BOSTON MEDICAL CENTER

# STAY ON TOP OF YOUR HEALTH!

## come to our

## CANCER SCREENING AND EDUCATION EVENT

***In 4 Hours You Can Get the Following!***

**Screenings For:**

**Breast Cancer [Mammograms (age 40+),**

**Breast exams (any age)],**

**Skin Cancer and Head and Neck Cancer.**

**Education will be provided on –**
Prostate Cancer (Based on Current Medical Recommendations, we are offering education but not testing) , Colon Cancer (appointments can be made for colonoscopies), Women's Cancers, Nutrition, Weight Loss and Smoking Cessation

***No co-pay or out of pocket expense!***

**Boston Medical Center**

**MOAKLEY BUILDING**
**830 HARRISON AVENUE**
*on*
**Saturday**
**MARCH 31st, 2012**
*from*
**8:00AM to NOON**
*(Doors open at 7:30am)*

**Please call Liz at 617-638-8260 if you plan to attend, or if you have any questions.**

*Free breakfast and entertainment! • Free blood pressure checks!*
*Free parking in the 710 Albany Street Garage!*

*BMC's Belkin Breast Imaging Department possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health to offer mammography services.*

## Save Money Down the Line With a Dental Spring Cleaning

Massachusetts Dental Society

After a long (although fairly snowless) winter, spring has officially arrived and the warm weather will be soon be here. As you begin the process of giving your home a spring cleaning, the Massachusetts Dental Society (MDS) wants to remind you to think about "spring cleaning" your teeth, as well.

The MDS recommends that for most patients, having a dental checkup and teeth cleaning every six months is enough. However, how often your teeth need to be cleaned depends on the overall level of your health and if you suffer from any dental problems. For example, those with gum disease or diabetes may need more frequent cleanings.

Receiving a regular dental checkup and cleaning may also help prevent small problems from turning into bigger ones down the line.

Prevention is always better than the need for treatment, and a key part of prevention is discovering a problem when it is small, before it becomes a big problem. For example, a cavity that isn't treated may need a more expensive crown later on. In addition, your hygiene appointment should include an oral cancer exam to detect any sores or lesions in your mouth that could be cancerous.

If you have questions on how often you should have your teeth cleaned, speak with your dentist.

**For more information, visit www.massdental.org.**

Lumina Foundation · Ad Council · ACE American Council on Education Leadership and Advocacy

Get started at
KnowHow2GO.org
You've got what it takes.

myletters&games

## Letters

letters@metro.us

### Self-defense doesn't mean killing kids

**RE: "WE ARE ALL TRAYVON? MIXED BAG ON CRIME":** The real question here is twofold: 1) Why was this shooter so paranoid to have called in more than 50 mostly unwarranted reports of suspicious individuals or activities during the last year? 2) Why have we still not changed our gun laws so that ordinary citizens cannot own guns? If this overly zealous man on the hunt for no-gooders in his neighborhood hadn't had a gun, Trayvon Martin would still be alive.
**INGERID WHITE, VIA E-MAIL**

If this was about an individual that was in fact in danger and had to shoot the boy in order to defend himself, I'd agree with you. But this is a person who followed the boy. He was looking for trouble and found it. The boy was unarmed. What threat did the boy pose on this big man, wielding a gun? Let's not pretend Zimmerman had no choice but to shoot this kid.
**JASMINE MACK, VIA E-MAIL**

**"It's going to take a lot of time and money to fix what the Republicans have broken."**

**RE: "CAN'T BLAME GOP FOR EVERYTHING, CAN WE?":** Mr. Mannikus complains Obama caused $4 trillion in national debt and, gosh darn it, we should stop blaming good old George W. Bush. Fact: Bush left an unpaid bill of almost $3 trillion for two wars off the nation's budgetary books when he left office. Fact: Bush enacted TARP at the end of his last term, which cost close to a trillion dollars alone. Many of our debt problems do come directly from the GOP. **JD DUCAS, VIA E-MAIL**

Someone please tell Igor Mannikus that Bush didn't put the two wars in the budget. When funding ran out for the wars, the Repubs had an added vote for funding. The Obama administration put the wars into the budget!
**ELIZABETH HUDLEY, VIA E-MAIL**

Mannikus bemoans that President Obama doubled up the national debt yet isn't blamed for the state of the country. Sadly for him, the historical record is quite clear: Bush's tax cuts for the wealthy, unnecessary wars and bad management of the country's finances were what led us to the brink of ruin. As for the debt having doubled since then, it's going to take a lot of time and money to fix what the Republicans have broken.
**JOSEPH CONNELL, VIA E-MAIL**

### Obama mic gaffe is downright treachery

**RE: "OBAMA GUILTY OF BEING A POLITICIAN":** I'm not inclined to blame Barack Obama for everything bad that has happened or is happening in the world (like he himself has been doing with respect to George W. Bush almost on a daily basis over the past 3.5 years). But his blunder over the hot mic issue is not a minor slip of a tongue as you're trying to portray. Rather, this is huge. Hinting to a foreign leader that once the election is over our president would change the course, likely to the disadvantage of the United States and our allies, is not just politics as usual. It's downright treachery and he should be impeached for that.
**GAROLD MINKIN, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

## Horoscope

♈ Aries **March 21-April 19.** In order to appease your restlessness, you're going to require a variety of activities and the ability to keep your schedule open. Be as flexible as possible.

♉ Taurus **April 20-May 20.** Although you may need a bevy of activities to satisfy your restless spirit, you should take some time to work on your budget. You'll feel good about yourself if you can trim some of the fat.

♊ Gemini **May 21-June 20.** Your restless and dynamic sides will be very much in evidence, causing a stir wherever you go. Think of it as spreading a little excitement around.

♋ Cancer **June 21-July 22.** Your natural sense of humor and quick tongue are likely to be two of your most effective tools. Used constructively, you can reverse any relationship that is heading for disaster.

♌ Leo **July 23-Aug. 22.** Attend to your duties without making it a no-play kind of day. You're going to need some kind of lighthearted diversion to help refurbish your attitude and outlook on life.

♍ Virgo **Aug. 23-Sept. 22.** By being flexible and prepared to change tactics to meet the needs of the moment, you can turn what would have been an unpleasant episode into one filled with fun and laughter.

♎ Libra **Sept. 23-Oct. 23.** Listen up when wiser heads are speaking. Even if a conversation wasn't meant for your ears, something is likely to be said in your presence that will be well worth remembering.

♏ Scorpio **Oct. 24-Nov. 22.** Before getting yourself involved in some kind of new endeavor, it would be best to go out of your way to examine all the available information and data.

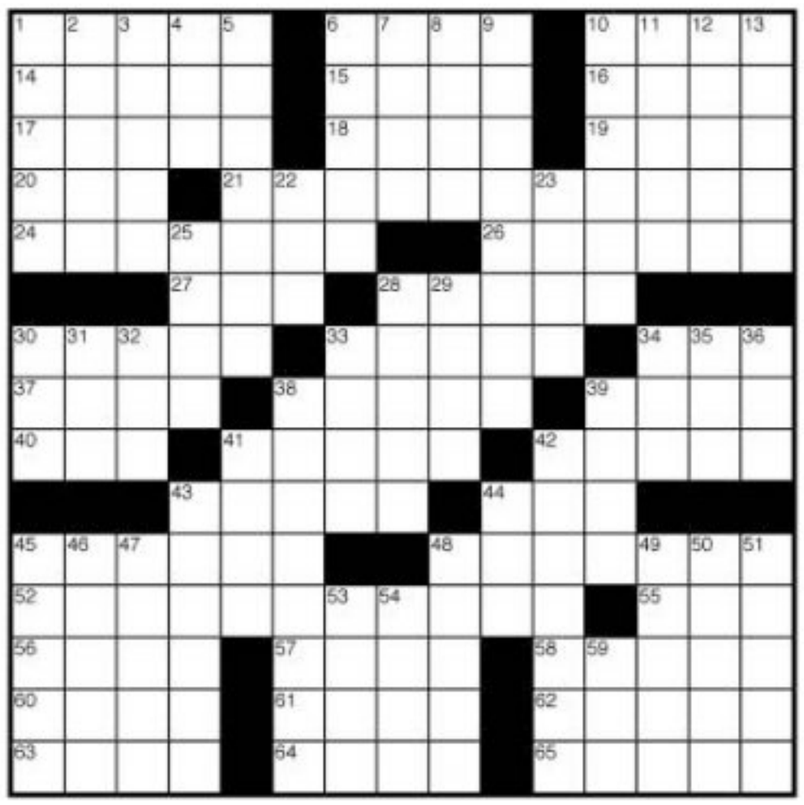
♐ Sagittarius **Nov. 23-Dec. 21.** Your spirit of cooperation will enhance all of the assets you possess as well as your appeal to others. A new partnership arrangement could be a consequence.

♑ Capricorn **Dec. 22-Jan. 19.** If you desire to be as productive with your time as you can, keep your head and hands as busy as possible. Projects that require both mental and physical dexterity are best.

♒ Aquarius **Jan. 20-Feb. 19.** Instead of participating in the same old things with your friends, experiment with something new. If your pals don't want to take a chance, go off by yourself and join those who do.

♓ Pisces **Feb. 20-March 20.** Your residence could be the magnet that attracts others for a group gathering, so be prepared. Don't be surprised if you have a lot of unexpected, uninvited drop-ins. **BERNICE BEDE OSOL**

**Across**
1 Fixed-up building
6 Refresh the fern
10 Berlin had one
14 Suspect's need
15 Ersatz butter
16 Prefix for logical
17 Runs in neutral
18 "Alice" waitress
19 Threshold
20 Util. bill
21 Tortilla melts
24 Auditions
26 Calls from the Alps
27 Big green parrot
28 Archaeological sites
30 Goes sky-high
33 Toe woes
34 "C'est la __"
37 Governess in Siam
38 Squeezed dry
39 Volcano fissure
40 Flirtatious
41 Regatta lineup
42 Novelist __ Binchy
43 On-ramp sign
44 Lo- __
45 Gasoline rating
48 Commanded
52 Villain's cry (2 wds.)
55 Curie daughter
56 Parking lot sign
57 Skip past
58 Disney site
60 Fencer's blade
61 Not a single woman
62 Tend the furnace
63 Sack out
64 Hockey goals
65 Less bananas



**Down**
1 "Nick of Time" singer
2 Chief's adviser
3 Mountainous
4 Honest prez
5 Thick, creamy soups
6 Player's turns
7 Seine aits
8 Vaccines
9 Currying favor
10 Brandishes
11 Discombobulate
12 By the book
13 Wind-borne silt
22 Ms. Hagen
23 Smoke-detector output
25 Green pod
28 AAA suggestion
29 Samovars
30 Kangaroo pouch
31 She loved Lennon
32 Your choice
33 Rugged cliff
34 Plunging neckline
35 Mdse. bill
36 Hot time in Paris
38 Exhausted (2 wds.)
39 Forum farewell
41 Nota __
42 Folly
43 Polo stick
44 Dernier __
45 Volunteer
46 Two-door car
47 Nose cone covering
48 Joyce Carol __
49 Spy mission
50 Draw forth
51 Talk out of
53 Brigitte's friend
54 Freebie
59 Grade-school org.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 5 | | | 4 | | 7 | 6 | |
| | | | | | | | | |
| 4 | | | 5 | 3 | 7 | | | 1 |
| 2 | | 7 | 4 | | | | 1 | 3 |
| 6 | | | | | | | | 8 |
| 1 | 3 | | | | 8 | 4 | | 2 |
| 9 | | | 3 | 2 | 6 | | | 5 |
| | | | | | | | | |
| | 4 | 2 | | 5 | | | 8 | |

SUDOKU **LEVEL: EASY**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 3 | | 1 | | | | 7 |
| | | | | 7 | | | | 2 |
| 7 | | 2 | | 3 | | 9 | 8 | |
| | 8 | | 3 | | | 4 | | |
| | | | | | | | | |
| | | 7 | | | 5 | | 1 | |
| | 7 | 4 | | 9 | | 6 | | 1 |
| 3 | | | | 6 | | | | |
| 1 | | | | 5 | | 3 | 7 | 9 |

SUDOKU **LEVEL: HARD**

**Solution to yesterday's crossword**

**How to play Sudoku:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

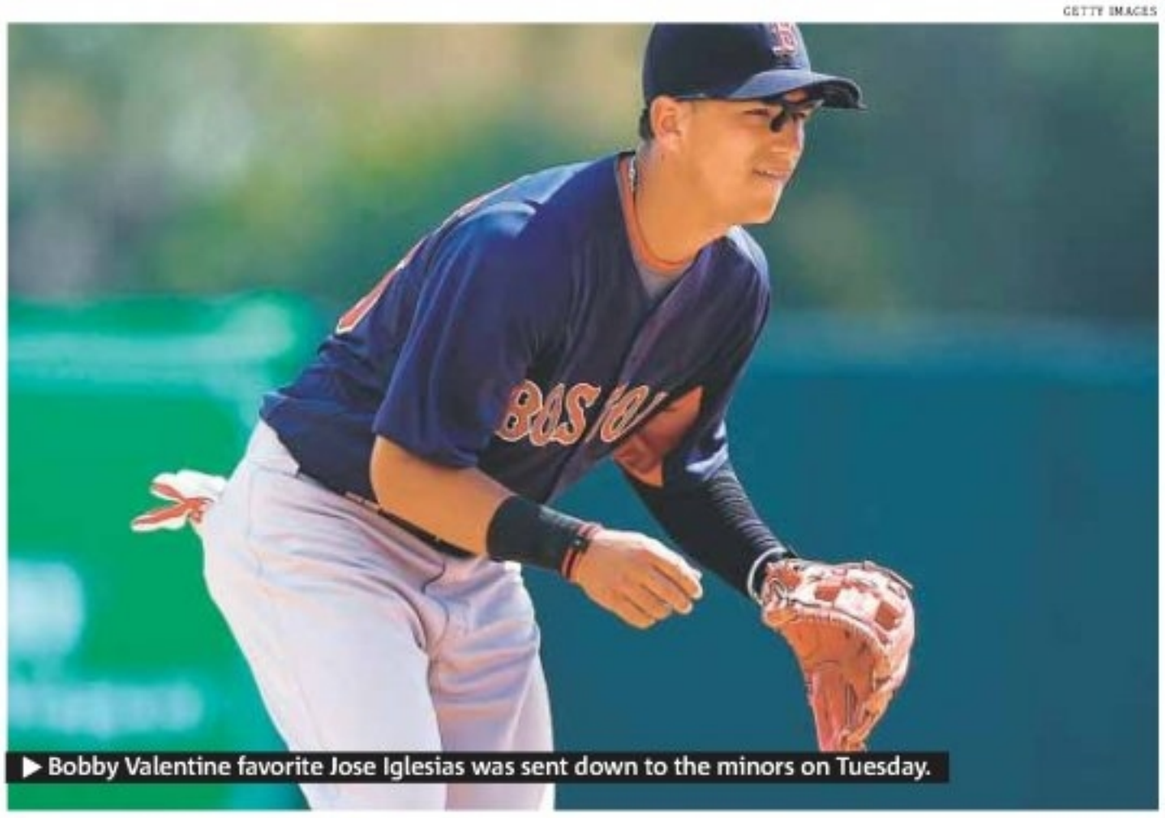
SUDOKU SOLUTIONS: **WWW.METRO.US/PUZZLES**

**To advertise – phone: 617-210-7905 e-mail: adinfo@metro.us**

**METRO BOSTON | Editor in Chief:** Tony Metcalf **tony.metcalf@metro.us, @edinchiefmetro | Managing Editor:** Ron Varrial **ron.varrial@metro.us**
**City Editor:** Jill Gadsby **jill.gadsby@metro.us | Features Editor:** Amber Ray **amber.ray@metro.us, @amberatmetro | Entertainment/Music Editor:** Pat Healy **pat.healy@metro.us | Sports Editor:** Adam Smartschan **adam.smartschan@metro.us | Deputy Features/Careers/Books/Travel editor:** Dorothy Robinson **dorothy.robinson@metro.us**
**Home/Style editor:** Tina Chadha **tina.chadha@metro.us**
**Film/Tech editor:** Heidi Patalano **heidi.patalano@metro.us**
**Photo Editor:** Nicolaus Czarnecki **nicolaus.czarnecki@metro.us**

*As the world's largest global newspaper, Metro has more than 17 million readers in over 100 major cities in 17 countries* • **Metro Boston** 320 Congress St., 5th floor, Boston, Mass. 02210-1237 • **main:** 617-210-7905 • **sales:** 617-338-4880 • **e-mail:** adinfo@metro-boston.com • **distribution** 617-338-5909, e-mail: distribution@metro.us • **National Sales Director** Ed Abrams • **U.S. Distribution Director** Joseph Lauletta | **U.S. Marketing Director** • Priscilla Arguinzoni
• **Advertisements appearing in Metro are published in good faith.** Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.

GETTY IMAGES



▶ Bobby Valentine favorite Jose Iglesias was sent down to the minors on Tuesday.

# Sox give 'n take

## Iglesias being sent down hints that GM Cherington wins power struggle ◗ Roster rounding into form

Whatever power struggle might have existed between Red Sox manager Bobby Valentine and GM Ben Cherington came to a swift and sudden end Tuesday.

And the winner is ... Ben Cherington.

The Red Sox made a major roster announcement yesterday, and in effect made a second with little fanfare. Both made clear that it is Cherington — at least for now — who is calling the shots as to the makeup of the team.

Shortstop prospect Jose Iglesias was reassigned to Triple A Pawtucket, a move that clearly was favored by Cherington and lobbied against publicly by Valentine, who wanted the raw, 20-year-old as his Opening Day starter. Iglesias has all the tools defensively to make a Major League impact, but lacks prowess with the bat, which was ultimately what sent him back to the minors.

Instead, Mike Aviles will be the Opening Day starter at short.

The other development yesterday was the apparent confirmation that Daniel Bard will break camp in the rotation, after Valentine had indicated a desire to move the former setup man back to the bullpen. Instead, Bard will apparently start April 9 against Toronto, joining Jon Lester, Josh Beckett, Clay Buchholz and Felix Doubront in the rotation, with Alfredo Aceves returning to a relief role.

**Quoted**

**"I thought the manager that managed the Mets, that I was not a big fan of, was now going to be a different manager, and I don't think there's anything different at all."**

**FORMER RED SOX PITCHER CURT SCHILLING ON BOBBY VALENTINE ON WEEI'S MUT & MERLONI SHOW**

But it is the Iglesias decision, which became a media circus the past few days, that was critical for Cherington. The Sox GM was in danger of having his reputation as being a puppet of the front office cemented even further, after appearing to have had Valentine forced upon him as manager in the first place.

But it is also a blow to Valentine, who so publicly lobbied for Iglesias, and lost the war.

"I wouldn't say 100 percent but it was a group decision," Valentine told reporters yesterday. "Everybody was on the same page. I'd like to think it was partly my decision. I'd like to think that. It was never a debate. I never even knew what side he was taking and I don't know if he ever knew what side — if that's what it was — that I was taking."

For Iglesias, the decision wasn't political; it was personal.

"We have some tough decisions going on," Iglesias said. "But at the end of the day, I can't control that. Get better, that's what I can control. And that's what I will. They know what they're doing, what's best for my development and my career. We'll see what's going to happen next. It was a tough decision for everybody."

JEFF GOLDBERG
sports@metro.us

3

**ON TV TODAY**

**NBA**

**JAZZ AT CELTICS**
7:30 P.M., CSNNE

Career Training

'I Want to Become a Medical Assistant!'

Everest Institute is a great place to build a healthy future!

CALL NOW!
1-888-203-5589
Apply online at www.EnrollEverest.com

Everest | INSTITUTE
1505 COMMONWEALTH AVE. • BRIGHTON, MA 02135
70 EVERETT AVE. • CHELSEA, MA 02150

Financial Aid Available for Those Who Qualify.
For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.everest.edu/disclosures.

SPRING SPECIAL SAVE UP TO $600
DAY, EVENING & SATURDAY CLASSES AVAILABLE
BCI Boston Career Institute

- Medical Billing and Coding Specialist
- Clinical Assistant (Phlebotomy, EKG, Injections)
- Dental Assistant with internship
- Medical Assistant with internship
- Hospital Central Service Technician with internship

Call for details and FREE consultation

School License #0306188

1.888.383.6058 | WWW.BOSTONCAREER.ORG

BROOKLINE 320 Washington Street | MALDEN 422 Main Street | T & BUS ACCESSIBLE

What Do Deer Antlers Have To Do With It?

*Banned by Baseball, prohibited from Olympic competitions, deer antler velvet is skyrocketing in demand by American consumers.*

Known for increasing athletic strength, endurance and performance, professional athletes have been using antler velvet since 1941 when it was shown to actually enhance hormone levels. The main advantage is that it promotes cell growth and repair the same way a deer's antlers regenerate after shedding. The velvet is the fastest naturally growing tissue in the world.

Why is it FREE?

The makers of Superior Velvet are so confident in their proprietary New Zealand deer antler formula, they are giving away a free supply to consumers who call their toll free 24 hour hotline.

- *Enhanced muscle repair and growth*
- *Significantly improves athletic performance*
- *Improved sexual desire and function*

Try Superior Velvet For FREE
Call 1-888-262-9555

Please consult with your physician before taking any nutritional supplements. If you are on any medications, check with your doctor regarding dosage adjustments. Individual results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BE A PROCESS SERVER

**Earn up to $50/hr.** in your own business. Serve papers for lawyers, full time or part time from homeMust be over 18 years of age & have own transportation

**NO RISK — The Courts Are Busy**
**Call 617-365-2646 (24 Hours)**

# Foxboro vs. the Krafts

There's been a communication breakdown between the town of Foxboro and the Kraft family.

First, Patriots owner Robert Kraft tried to convince Foxboro to allow a resort casino to be built near the stadium. They didn't go for it and let people know about it.

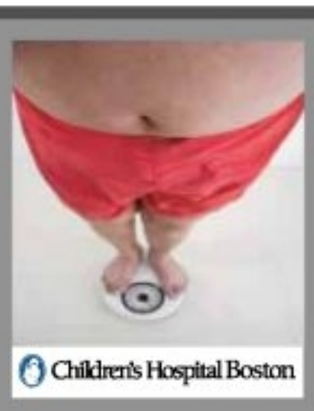
Now, Kraft is filing a lawsuit against the town, according to The Boston Globe, due to a dispute regarding two billboards on land owned by Kraft near Gillette Stadium.

A federal judge ordered the town to allow members of Kraft's group to speak at a town meeting last night.

There remains a chance that Kraft could one day get the go-ahead to build the casino, but the growing tension between the town and Kraft could halt those plans indefinitely.

"Unfortunately, what I see is the relationship with the Krafts getting worse and worse," Foxboro Selectmen Chairman Larry Harrington told the Globe. METRO

GETTY IMAGES
▶ Kraft

Children's Hospital Boston

**LOSE IT with FRESH Start**

Children's Hospital is looking for you if you are 18 to 40 years old, overweight, and otherwise healthy. Participants will get

- Private dietary counseling sessions
- Group nutrition workshops
- Cooking demonstrations
- Provision of some foods
- American Express® gift cards (up to $300)

**CALL: 617-355-2500 or**
**EMAIL: freshstart@childrens.harvard.edu**

BRIGHAM AND WOMEN'S HOSPITAL

**Do you have Asthma and Obstructive Sleep Apnea?**

Researchers at Brigham & Women's Hospital seek men and women ages 18-75 with asthma for a study of airway function. You will be required to attend 5 hospital visits over 12 weeks.

To participate you must:
- have asthma and be on stable medication
- be diagnosed with sleep apnea
- be a non-smoker
- not be on sleep medication

Receive up to $1200 for participation

**For more info call Alison at 617-732-8977**

**TOO MUCH CREDIT CARD DEBT??**

Chapter 7 bankruptcy could be the solution for you.
Get rid of personal debt NOW!
Call **Attorney Rob Thomas** to find out if you qualify.
This firm is a debt relief agency.
**978-686-9800**x223

DIRECTORY

**Legal Notice**

To place an ad call Herman Miles at 617-532-0105 or email herman.miles@metro.us

**Osteoarthritis knee pain**

You may qualify for a research study with an investigational medication, if you:

- Are between 40 and 85 years old
- Have moderate-to-severe knee pain and
- Take pain medication daily (NSAIDS)

For more information, please call 617-744-1310 or visit our website at www.medvadis.com

Compensation provided for time and travel

**Concussion & Sleep Problems?**

Age 18-50? Participate in a brain imaging research study, at McLean Hospital, of a 6-week light exposure treatment for improving cognitive functioning & sleep.
- Head injury/concussion in last 12 months
- Experiencing sleep problems since then
- Compensation up to $600

**Please call us: (617) 855-2239**

**DO YOU TAKE A PRESCRIPTION OPIOID PAIN MEDICATION AND SUFFER FROM CONSTIPATION?**

You could be eligible to participate in a clinical research study looking at whether an investigational medication is safe and effective in treating constipation commonly occurring in people taking opioid pain medications like morphine.

You may be eligible to help with this research if you are:
- ages 18-84
- taking at least one opioid pain medication daily,
- experiencing constipation symptoms such as:
  - fewer than three bowel movements per week, hard/lumpy stools, straining, sensation of incomplete bowel movements

**To find out more, contact:**
**MedVadis Research (617) 744-1310**

**ARE YOU A HEALTHY MAN OR WOMAN WHO SMOKES HEAVILY?**

If you are:
- 18-40 years old
- In good health
- Smoke heavily
- Do not abuse drugs or alcohol
- Women not on hormonal birth control

- This research study takes place at McLean Hospital
- Men can earn up to **$1250**
- Women can earn up to $2750
- 5 or more separate weekday visits
- **Free taxi ride provided for all visits**
- Reimbursement after each visit

Please Call MacKenzie
**1-866-267-9177**
THIS IS NOT A STUDY TO HELP YOU QUIT SMOKING

**Do your KNEES hurt?**
**Do you have KNEE ARTHRITIS?**

We are conducting a study of intra-articular (knee) corticosteroid (steroid) injections to see the effects of the steroids on the progression on knee arthritis.

You may qualify if you fit the following criteria:
- 45 years of age and older
- Are able to have MRIs
- Have Knee pain on most days

$1000 study stipend available for qualified participants

To Learn More, Contact:
arthritisresearch@tuftsmedicalcenter.org
(617) 636-5727

Tufts Medical Center

**Thinking of Having a Baby?**

Participate in a lifestyle & fertility research study!

- Female 18-39 years old with male partner
- This will be your 1st pregnancy
- Diet assessment, pregnancy tests, compensation
- NIH funded study, Dartmouth Medical School

**1-877-777-2581 www.isisfertility.org**

**IMPORTANT INFORMATION:**
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

## For Sale

### Miscellaneous

**$$CASH PAID$$**
Buying diabetic test strips, nicotine patches and gum. We beat all competitor's prices.
For local pick-up call
**617-202-2828**

### Musical Instruments

**Top $$ Paid For Guitars**

We buy ALL Musical Inst. Guitars, Saxes, etc.
We travel & PU
Cash on the spot!
617-594-3255

**Cash for Records**

Wanted 33Lps & 45s
George 617-633-2682

## Vehicles

### Vehicles Wanted

**Junk Cars**
**508-371-6726**

We Buy Junk Cars and Trucks

**Junk Cars Wanted**
**$350 - $5500 & up**

Extra Cash paid for Hondas, Toyotas, & Nissans
Any Location, Anytime
781-606-1271

**"Cash received at pickup".**
**781-534-2118**

Junk Cars, Trucks and Wrecks
FREE "Towing"
Running or Not Working
Call for an Estimate

## Jobs

### General Help Wanted

**2012 Postal Positions**
$13.00-$32.50+/hr.,
Federal hire/full benefits
No Experience, Call Today
1-800-593-2664 Ext. 146

### Facilities Maintenance

**Want a Sustainable Career?**
**Crew Leads** to perform and manage air sealing and insulation jobs at homes throughout E.MA.
**Up to $25/hr** plus.
next step living
home efficiency, made easy
617.532.5984
www.NextStepLivinginc.com/careers

## Services

### Legal Services

**TAX PROBLEMS??!!**
**617-335-2988**
EX IRS Revenue Agent
CPA
www.davidrootcpa.com

### Careers

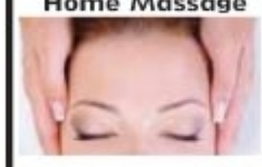
**HIGH SCHOOL DIPLOMA FROM HOME**
6-8 weeks accredited
Get a Diploma! Get a Job!
**Call 24/7 for free brochure**
**1-800-264-8330**
**www.diplomafromhome.com**
**Benjamin Franklin High School**

## Jobs

## Services

### Health & Beauty

**N E Therapeutic Home Massage**



Therapy Assoc.
Home
Hotel
For Appointment
call 617-477-4086

## Services

### Health & Beauty

**Rainbow HEALTH CENTER**

Foot Reflexology
60 min.....$45

Deep Tissue
Asian Body Work
60 min.....$55

Deep Tissue
Asian Body Work
& Foot Reflexology
120 min.....$92

36 Gloucester Street
2nd Floor, Boston
(corner of Newbury
& Gloucester Street)
617-859-5858
Or
68 Essex St. Boston MA
617-728-0088

**Herbal Healing Center**

Special service in
1. Herpes Zoster 2. Gout
3. Fungus toes 4. Arthritis pain.
No operations, No pains,
No scares left ,be fully
Cured in 2 or 3 times
with Herbal Healing methods
Call 617-309-8851
Free consulting/Charge reasonable.

Body relaxes: $60/hr
Deep tissue
$80/hr; $60 half hr,
Reflexology: $50/hr; $35
101 Tremont St. #316
Boston, MA
(Near Park St T)
Call 617-955-1188

### Phone Services

metroclassifieds
TO PLACE AN AD CALL 866-900-9473
OR VISIT US AT www.metro.us

## Career Training

**Who Knew!**
**That training to become a Medical Assistant takes less time than you think at Sanford-Brown. It starts with a phone call.**
Text mySBbos to 94576 or call
**888-864-1333**
**Sanford-Brown College**
126 Newbury Street • Boston, MA 02116
sanfordbrown.edu
Sanford-Brown College Inc., a private two year college

**Want to make a change in your life? Interested in healthcare? We offer hands-on training in a variety of healthcare fields. Classes starting soon! Call today!**
Text mySBbos to 94576 or call
**888-391-9444**
**Sanford-Brown College**
126 Newbury Street • Boston, MA 02116
sanfordbrown.edu
Sanford-Brown College Inc., a private two year college

**Do you have what it takes to run a medical practice? At Sanford-Brown you can study Medical Practice Management. Classes starting soon! Give us a call today to find out more about this exciting program.**
Text mySBbos to 94576 or call
**888-410-5444**
**Sanford-Brown College**
126 Newbury Street • Boston, MA 02116
sanfordbrown.edu
Sanford-Brown College Inc., a private two year college

**reserve your space**
DEADLINE: two (2) business days prior to publication at noon.
**866-900-9473**
metroclassifieds

**Find out what American Made means to you!**
Train for a career in:
- Medical/Dental
- Graphics/Web/Gaming
- Networking/Security
**ENROLL TODAY!**
Financial aid available for those who qualify
1-877-221-8865
www.gotoaci1.com
AMERICAN CAREER INSTITUTE
Gotoaci1.com/disclosures

**DOWNLOAD 1,000s OF FREE E-BOOKS**

**Visit Today!**
**EDUCATIONOPTION.COM**
Your World of Education.

metro health
**Medical Research**
To place an ad call
Neil Curran at
617-532-0100 or email
neil.curran@metro.us

BRIGHAM AND WOMEN'S HOSPITAL
Center for Alzheimer Research and Treatment

**Do you or someone you know have Alzheimer's disease?**

**We are looking for volunteers for a research study looking at a new drug for Alzheimer's disease. To take part you must:**

- **be between 50 and 88 years old**
- **have been told by a doctor that you have Alzheimer's disease**
- **be in stable medical condition**
- **have a reliable family member or caregiver who is able to come with you to study visits**

**(617) 732-8085 • www.BWHCart.org**

metro health

**YOU CAN GET PAID** to **HELP FIND A CURE!**
Find medical research studies at **health.metro.us**
Enroll in a study today and help the medical community find cures.
**TO PLACE AN AD CONTACT NEIL CURRAN**
at **617-532-0100** or **NEIL.CURRAN@METRO.US**

ADVERTISEMENT

## JUST SAY NO TO
### COLLECTION AGENTS (PART II)

By Robert Josephs

Thank you for the tremendous feedback on the first article, "Just Say No to Collectors." Can you believe since we last talked, I have encountered more of these examples? To tell the truth, nothing amazes me in the collection industry. I have encountered an owner of a debt buying company, who also had convicted of a violent crime felony. In fact this owner did 7 years in prison for shooting a man. Yet, when he got out of prison, he began a debt buying collection agency. This convicted felon and his telephone collectors falsely frightened my client by telling my client that the collection agency was going to have my client arrested by a Sheriff. A highly illegal collection practice, if I may say so. In the end, my client did not even owe the debt. Yet, the Republican attorney general of the local state of this collection agency did not want to take any action. The staff at the Republican attorneys general office stated to me that they could not find a prosecutor to charge the collection agency owner. On a local note, the choice in November for our next United States senator should be obvious. More of the same, or somebody who is willing to support consumer.

Friends, I implore you to get these unlawful collectors out of your life. Consider filing for bankruptcy and stop these actions! Friends, I implore you not to allow these collectors to ruin your life.

**Valdettaro & Josephs is a debt relief agency. We help people file for bankruptcy relief under the U.S. Bankruptcy Code. (617) 522-3200.**

at home with metro

# It's time for spring cleaning

**Roll up your sleeves and get ready to attack months' worth of dust and grime Domestic darling Katie Brown shows us how to clean up our act at home**

We talked shop with lifestyle expert Katie Brown **(www.katiebrown.com)** on how to tackle spring cleaning. "The first thing you gotta do is start with a good playlist so you can get your groove on," insists the TV host and DIY maven. See why we love her? More of her tips:

**Clean before you clean:** "You want to make sure you're starting with a tidy house," says Brown. "Spring cleaning shouldn't be about putting away your clothes or making your bed. I remember growing up we had a cleaning lady that would come over once a month, and my mom made us clean our rooms before. It used to drive me nuts, but I get it now. When you're doing the "big clean" it takes too much time to tidy up. This is the time you get deep into it and get to all the things that are driving you crazy, like getting your windows clean."

**Strategize:** Go worst room to best, advises Brown. "My kitchen is the hardest. So I start there in the beginning when I'm really pumped up. If I do the kitchen first, then I'm happy because I know I have it out of the way."

**Spread the love:** "Don't try and do it all in one day," stresses Brown. "Give yourself an hour after work each day. On Monday, you're going to clean your kitchen. On Tuesday, you're doing the bathroom, and so on. That way it's not too daunting."

**Sweat the small stuff:** "I always have a screwdriver with me so that once a year I can get those knobs that are falling off as I'm going through. Honestly, the more niggling things are the most satisfying to do. 'OK, I've been meaning to do that for the last three months and I finally did it because I'm right here.'"

STOCKBYTE

▶ Spring cleaning isn't about making your bed, it's about getting deep into it, says Brown.

**Spick and span**

### Supplies in check

Have your cleaning supplies in one carry-all that you can easily take from room to room. "I like to have a big bucket," says Brown. "And in that big bucket is where all the magic happens. I have everything in there I need from WD-40 to Emery boards to tape for my vacuum cleaner to magic erasers. It's all there ready to go."

### Get the film off your dishes

While you're spring cleaning, throw OxiClean's new Dishwashing Booster into your load, says Brown, the new face of OxiClean. It gets rid of the cloudy film caused by detergent. And if you "put a couple of squirts in the bottom of your dishwasher, it actually cleans the dishwasher too," she says. "Its an important ritual that people forget."

TINA CHADHA
tina.chadha@metro.us

Metro Boston
Mortgage Guide
Bankrate.com

| Program | Rate | Points | Fees | % Down | APR |
|---|---|---|---|---|---|
| EAST CAMBRIDGE SAVINGS BANK | | | 1-866-354-ECSB (3272) http://www.ecsb.com | | |
| 30 yr fixed | 4.125 | 0.000 | $959 | 20% | 4.174 |
| 15 yr fixed | 3.500 | 0.000 | $959 | 20% | 3.585 |
| 10/1 jumbo ARM | 4.750 | 0.000 | $787 | 20% | 4.063 |
| 5/1 jumbo ARM | 4.250 | 0.000 | $787 | 20% | 3.375 |
| (C) 292 Cambridge St., Cambridge, MA 02141 | | | | | NMLS# 441396 |

| | 30 yr fixed | 15 yr fixed | 5 yr ARM |
|---|---|---|---|
| This week | 4.29 | 3.48 | 3.24 |
| Last week | 4.15 | 3.38 | 3.14 |
| Last year | 4.96 | 4.16 | 3.78 |

Source: Bankrate.com, for more information visit www.bankrate.com. Bankrate national averages are based on 100 largest institutions in the top 10 markets in the United States.

Legend: The rate and annual percentage rate (APR) are effective as of 3/26/12. © 2012 Bankrate, Inc. http://www.interest.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (BA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept., (loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 740. Conventional loans are based on loan amounts of $165,000. Jumbo loans are based on loan amounts of $435,000. Points quoted include discount and/or origination. Lock Days: 30-60. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms – ex. 360 monthly payments of $5.29 per $1,000 borrowed ex. 180 monthly payments of $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636. • http://metroboston.interest.com

ADVERTISEMENT

## REAL ESTATE ON THE GO!

## MEDICAID – TAMING THE 800 LB. GORILLA

By Attorney George Warshaw

*Second in a Medicaid series*

It is a Gorilla, though not necessarily as nice. It's filled with rules, exceptions to rules, exceptions to exceptions and a time consuming and discouraging process.

I needed to learn how one protected or lost one's home or inheritance. I spent weeks reading the MassHealth regulations, researching Medicaid online and reading more on the subject. I found a way to organize this mess of information to make sense of it – for you and me.

There are four key rules: rules that qualify you for Medicaid; rules that disqualify or penalize you; rules that protect you from the Gorilla; and rules that drain your children's inheritance.

And for each rule, there is always one more question: is the Medicaid applicant married or unmarried, because the rules often differ if an applicant is married.

For example, there are circumstances where an unmarried Medicaid applicant can be forced to sell his home to pay for nursing home care before qualifying for Medicaid or retaining it; but if he is married, and his wife still resides in the house, the home is usually fully protected from a Medicaid required sale.

More next week!

Warning: only a personal consultation with an Elder Care Attorney can provide proper legal advice for your situation. This article provides general information only. © 2012 George Warshaw.

GWA

**George Warshaw is a real estate and estate planning attorney in Massachusetts. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts for individuals and families. George welcomes new clients and questions at metro@warshawlaw.com.**

## Advice

# Katie Brown's must-do's during the big clean

1. Flip your mattress. "It airs it out."
2. Refresh the Arm & Hammer in your fridge.
3. Put cedar balls in your closet.
4. Clean out your spices. "A lot of people don't know this, but spices have a shelf life — and it's usually six months at the longest."
5. Change out your air-conditioning filters.
6. Polish your silver.
7. If you burn candles, get the wax drippings off your candleholders. "The way to do this is put them in the freezer and then take them out and chip off the wax residue."
8. Take clothes to the cleaners, seamstress, etc.

TINA CHADHA

▶ Tote your cleaning supplies in one carry-all, says Brown.

**GOT AN OPINION? WRITE US: LETTERS@METRO.US**


LODGE AT STOUGHTON

Luxury 1 & 2 Bedroom Homes

www.LodgeAtStoughton.com
877.655.4020

the lofts
ONE WESTINGHOUSE PLAZA,
HYDE PARK, MASSACHUSETTS

Affordable Live/Work lofts Available
BRA Certified Artists ONLY

$125,000

- Boston Affordable Housing income limit of $61,600.
- $70,400 for a 2 person household
- Own your own loft for less than $1,000 a month with 3% down.
- $230-$260 per month condo fee.
- Deeded parking. On site gym facilities included. On site security.
- Brick and beam lofts with artist venting and work sinks.
- 20 minutes from downtown. 1/4 mile from Readville Commuter Rail, four stops to Back Bay or South Station

Equal Housing Opportunity

Only nine artist lofts available.

All buyers must be BRA Certified Artists and have an income that does not exceed $61,600.

BRA artist and affordable housing deed restrictions apply.

The Lofts at Westinghouse

A Classic Mill Building. A Creative Renewal. A Dramatic Conversion.

Presented by
The Hamilton Company
www.theloftsatwestinghouse.com
Contact Patrick Reardon at
preardon@thehamiltoncompany.com

SOUTHFIELD

A new master-planned community just two stops to Boston from the on-site MBTA — the ultimate in convenience complete with every modern amenity.

www.SouthField.com
Route 3 at Exit 16B in So. Weymouth 223 Shea Memorial Drive (888) 567-2855

WELCOME CENTER HOURS
Mon. – Fri. 10-5, Sat. 10-4, Sun. 12-4

2011 WINNER

Best of metro BOSTON

# Join for Just $10

Then...

$10 per month*

the judgement free zone

planet fitness®

## Expires - Wednesday, March 28th 2012

Government Center
(next to 28 State Street)
Boston, MA 02108
Phone: 617.248.3877

Porter Square Galleria
One Porter Square
Cambridge, MA 02140
Phone: 617.499.9944

90 River Street
Mattapan, MA 02126
Phone: 617.298.0055

1020 Revere Beach Parkway
Chelsea, MA 02150
Phone: 617.884.3030

10 Micro Drive
Woburn, MA 01801
Phone: 781.932.6200

795 Eastern Avenue
Malden, MA 02148
Phone: 781.322.3200

"Non-reciprocal. Billed monthly directly to your checking account. Debit cards/pre-paid cards can not be used for this offer and will be subject to additional charges. Subject to $29 annual fee."